

life

IN ROCKVILLE

Winter 2017/18

Recreation and Parks
Activity Guide



2017-18 Winter Calendar of Events

December

2

Holiday Bazaar: 9 a.m.-2 p.m. Rockville Senior Center. Free. Page 37.

2, 9, 3, 10

Rockville Civic Ballet, "The Nutcracker": Saturdays, Dec. 2 and 9 at 2 p.m. and 7:30 p.m.; Sundays, Dec. 3 and 10 at 2 p.m. F. Scott Fitzgerald Theatre. Page 51.

3

Holiday Open House, Rockville Art League Gallery Opening: 1-3 p.m. Glenview Mansion. Free admission. Page 49.

10

Holiday Open House: 1-3 p.m. Visit with Santa and Mrs. Claus. Glenview Mansion. Page 49.

17

Holiday Open House: 1-3 p.m. Glenview Mansion. Free admission. Page 49.

17

Rockville Concert Band: 3 p.m. "Tis the Season!" F. Scott Fitzgerald Theatre. Page 51.

January

7

January Art Exhibit Opening: 1:30-3:30 p.m. Glenview Mansion. Page 50.

7

Sunday Afternoon Concert Series: 2 p.m. The Beau Soir Ensemble. Free admission. Page 50.

28

19th Annual Wedding Expo: 1-4 p.m. Glenview Mansion. \$5 at door. Page 52.

February

9

Annual Heart-to-Heart Family Valentine's Dance: 7-9 p.m. Twinbrook CC. \$4 at door. Page 17.

9

Valentine's Day Chocolate Extravaganza: 6-9:30 p.m. Thomas Farm CC. \$4R/\$5NR at door. Page 17.

11

Little Hearts Valentines: 1-3 p.m. Lincoln Park CC. \$10R/\$13NR. Page 17.

11

Rockville Student Art Show Reception: Sunday, 1:30-3:30 p.m. Glenview Mansion. Free admission. Page 49.

24

Lunar New Year Celebration, "Year of the Dog": 10 a.m.-2 p.m. Free. Page 31.

March

9

Pajama Jam Movie Night: 7:30-9 p.m. Twinbrook CC. Free admission. Page 17

17,18

Rockville Civic Ballet, "Sleeping Beauty": Saturday, 7:30 p.m., Sunday, 2 p.m. F. Scott Fitzgerald Theatre. Page 51.

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General Information

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Stay Informed

www.rockvillemd.gov/recreation
Email: registration@rockvillemd.gov
240-314-8620



Twitter.com/rockvillerec



Instagram.com/rockvillerec

Rate Key:

Prices are listed as
Resident (R), Nonresident (NR)



We're here to help you connect, create and celebrate life in Rockville. We contribute to a high quality of life by connecting citizens and visitors of Rockville with exceptional parks and extraordinary recreational opportunities. These services provide the foundation for physical, social, economic and environmental viability and the well-being of the community. **Welcome to Rockville Recreation and Parks.**

Recreation and Parks Mission Statement

To promote participation by all Rockville citizens in diverse, interesting and high-quality recreational and leisure opportunities in safe, modern and well-maintained parks and facilities.



Time for Toddlers

Monday Morning Moms

Mondays, 10 a.m.-noon

Parents and preschoolers enjoy play equipment in the gym.

Twinbrook Community Recreation Center

240-314-8830

Tiny Tots Drop-In

Tuesdays, (and Thursdays,

Jan. 4-Feb. 22)

10 a.m.-noon

Winter Wonderland, Dec. 19

Valentines Day Party, Feb. 13

Thomas Farm Community Center

240-314-8840

Toddler Time

Wednesdays, 10 a.m.-noon

Parents and preschoolers enjoy play equipment in the gym.

Lincoln Park Community Center

240-314-8780

Little Acorns

Select Thursdays

10-11 a.m.

(Pre-registration required)

Croydon Creek Nature Center

240-314-8770

Note to parents: In order to assist us in offering quality programs for your preschooler, we ask that you do not remain at the class unless it is otherwise stated in the description. Note: Classes with low enrollment will be canceled 7-10 days prior to first class. Register early to avoid cancellations. **For holidays and no class dates, see www.rockvillemd.gov/registration. Enter course number to view course details.**

Arts, Dance, and Enrichment

NEW! Abrakadoodle — Wet and Stick! (Adult/Child)

This wet and wonderful class results in some colorful and unique artwork! We create snazzy patterns with paper that stick with just a little water. Stencils, colored papers and paints are featured as we use our imaginations to design original animals and simple figures. Come prepared for an action-oriented session, and toddlers will take home some of their most lively artwork yet! Note: \$24 material fee due to instructor at first class.

Age: 20-36 mos
3731 Th 1/25-3/15 10-10:45 AM \$120/\$130
Thomas Farm CC/Abrakadoodle Staff

Little Fingers Piano (Adult/Child)

Instill a love of music in a fun, and relaxing environment. Students are introduced to the piano, musical symbols and play songs through group learning experiences. Program includes free instrument rental, and materials intended for at-home practice. Instruments must be returned at the last scheduled class of the session.

Age: 2-5
2423 Sa 1/20-2/24 9:15-9:45 AM \$120/\$130
2424 Sa 1/20-2/24 10:15-10:45 AM \$120/\$130
Twinbrook Comm. Rec. Ctr. Annex/Learn Now Music

Little Stars!

Let your child shine while exploring their creativity and imagination. Activities include music, movement, story time, acting, games and art. Each class students will take home a mini art project that relates to the weekly theme. Materials fee of \$20 due to the instructor at the first class.

Age: 2-4
3670 Tu 1/16-3/6 11-11:45 AM \$120/\$130
Thomas Farm CC/Care Actor Staff



Music Together (Adult/Child)

Nurture your child's natural enthusiasm for music and movement through singing, dancing, chanting and instrument play. Fee includes two 'Music Together' CDs, an illustrated songbook and parent-education materials. Cost of materials is non-refundable. Siblings under 10 months may attend for free (no registration necessary). The fee for siblings 10 months and older is \$120 for 10-week class and \$105 for eight-week class. Adult participation required.

Age: 1 mo-5 yr
8 Weeks
2428 M 1/8-3/12 10-10:45 AM \$168/\$185
2429 M 1/8-3/12 11-11:45 AM \$168/\$185
Kicks Karate/Winkler

10 Weeks
2430 W 1/10-3/14 9:30-10:15 AM \$198/\$220
2431 W 1/10-3/14 10:30-11:15 AM \$198/\$220
Thomas Farm CC/Liddle

PB&J

Play, Books and Jam! Parents, join your kids and have fun in this creative class as we read a book, then create a craft based on the story. Afterwards, move and groove in the gym, jamming to music while we play with toddler toys.

Age: 2-4
3669 F 2/2-2/23 11 AM-12 PM \$30/\$36
Lincoln Park CC

Worried about the weather?

Call the Rec Line at 240-314-5023.

Select #1 for class status.

Tots/Preschool



Pre-Ballet

Introduce your child to dance, movement and basic ballet techniques. Rhythm, coordination and fun are emphasized. Ballet shoes, loose-fitting clothing or leotards and tights are recommended but not required. Ballet barres are provided at Rockcrest Ballet Center.

Age: 3-4

| | | | | |
|------|----|----------|-------------|-----------|
| 2599 | Sa | 1/13-3/3 | 10-10:45 AM | \$89/\$99 |
| 2607 | Sa | 1/13-3/3 | 11-11:45 AM | \$89/\$99 |

Twinbrook CRC/Tennant

Age: 3-4

| | | | | |
|------|----|----------|-------------|-----------|
| 2593 | Sa | 1/13-3/3 | 11-11:45 AM | \$89/\$99 |
|------|----|----------|-------------|-----------|

Age: 4-5

| | | | | |
|------|----|----------|-------------|-----------|
| 2601 | Sa | 1/13-3/3 | 10-10:45 AM | \$89/\$99 |
|------|----|----------|-------------|-----------|

Thomas Farm CC/Simpson

Age: 3-5

| | | | | |
|------|---|-----------|-------------|-----------|
| 2608 | W | 1/10-2/28 | 10-10:45 AM | \$89/\$99 |
|------|---|-----------|-------------|-----------|

Rockcrest Ballet Center/Langdon

Tot Time

Fun-filled, creative preschool activities. In this colorful class your child can explore the world of shape, color and texture and create freely where no mess is too big. Adult participation required. No class on 12/25, 1/1, 1/15.

Age: 2-5

| | | | | |
|------|---|-----------|---------------|-----------|
| 2109 | M | 12/11-2/5 | 9:30-10:30 AM | \$45/\$55 |
|------|---|-----------|---------------|-----------|

Twinbrook CRC

Fitness

Funfit Tots (Adult/Child)

Enjoy active games, songs, parachute play, balls and creative movement. Develop self-confidence, motor skills and socialization, and reinforce cognitive learning. Children must be walking.

Age: 1-4

| | | | | |
|------|---|----------|-------------|------------|
| 2382 | F | 1/19-3/9 | 10-10:45 AM | \$99/\$109 |
|------|---|----------|-------------|------------|

Thomas Farm CC/Funfit Staff

Martial Arts

Kicks Karate

A fun-filled class designed for children to learn the basic skills of Karate. Teachers focus on developing concentration, self-control and confidence. Small class sizes, training mats and a professional environment ensures your child has a positive experience. Fee includes belt and an official Kicks Karate uniform for first-time students. Class schedules are flexible and make-ups are available as needed.

Little Ninjas

Age: 3.5-6 yr

| | | | | |
|------|-----|-----------|------------------------------------|-------------|
| 2390 | Sa | 1/20-2/17 | 9:30-10:05 AM | \$65/\$75 |
| 2420 | M,W | 1/22-2/21 | (M)5:30-6:05 PM (W)6:05-6:40 PM | \$119/\$129 |

| | | | | |
|------|-------|-----------|--------------------------------------|-------------|
| 2421 | Tu,Th | 1/23-2/22 | (Tu)4:45-5:20 PM (Th)5:20-5:55 PM | \$119/\$129 |
|------|-------|-----------|--------------------------------------|-------------|

Kicks Karate/Staff



"Cookies with Santa"

**Celebrate
the holidays...
Come visit
with Santa**

**Saturday, Dec. 16
2-4 p.m.**

Thomas Farm Community Center
Visit with Santa, holiday crafts,
cookie decorating, letters to Santa
and more. All ages.

**Register for #3614 or pay at door
\$4R/\$5NR pp over age 2.
240-314-8840**



Sports – Instructional

Basketball Skills - Tiny Tykes

Learn the sport of basketball in a fun and encouraging environment. Skills such as dribbling, passing, catching and shooting are introduced through games and activities. Teamwork and sportsmanship are emphasized.

Age: 4-5
2399 Sa 1/20-2/24 10-10:45 AM \$75/\$85
Thomas Farm CC/Warner

Coach Doug Basketball

Kick off your child's sports experience the Coach Doug way. Learn fundamental basketball skills, rules and playing strategies in a fun and friendly environment with emphasis on building techniques and self-confidence. No adult participation required.

Age: 3-6
3603 Su 1/21-3/18 10:05-10:50 AM \$89/\$99
Twinbrook CRC/ Wilson

Coach Doug Wee Wanna Be (Adult/Child)

Which sports players do your kids pretend to be? This class builds self-esteem and confidence as children are taught sports through supervised, non-competitive play sessions. Each child participates at his/her own pace. Sports change each season. Adult participation required.

Age: 2-5
2409 Su 1/21-3/18 9:15-10 AM \$89/\$99
Twinbrook CRC/ Wilson



Little Tennis Aces

Learn to play tennis with your youngster using smaller nets and larger, softer balls. A variety of age-appropriate activities will be used to develop the child's skills for tennis. Have fun and participate with your child at the same time! Rackets are provided. Adult participation required.

Age: 4-5
2492 Sa 1/20-2/10 9-9:45 AM \$59/\$69
2556 Sa 2/24-3/17 9-9:45 AM \$59/\$69
Thomas Farm CC/Z.Yargici

Tiny Hoopers

Time to get those tiny feet moving on the basketball court. Learn the very basics of basketball, like dribbling, catching, and passing. Toddler-sized basketballs are used for this class. Bring water and wear tennis shoes.

Age: 4-6
3682 Tu 2/6-3/13 5:30-6:15 PM \$60/\$70
Lincoln Park CC/Dawkins

Tumble Tykes

Have fun and build self-confidence in this introductory level class. Help your child learn basic tumbles and exercises that will improve large motor skills, balance, coordination and physical awareness. Wear comfortable tight-fitting clothing.

Age: 2-3
2393 Tu 1/23-2/27 10:30-11:15 AM \$75/\$85
Xtreme Acro and Cheer/Staff



It's Party Time!

Theme Parties

Croydon Creek Nature Center

www.rockvillemd.gov/croydoncreek • 240-314-8770

Gymnasiums

Lincoln Park Community Center

www.rockvillemd.gov/lpcc • 240-314-8780

Thomas Farm Community Center

www.rockvillemd.gov/thomasfarm • 240-314-8840

Twinbrook Community Recreation Center

www.rockvillemd.gov/twinbrook • 240-314-8830

Outdoor Rentals

Lincoln Park Community Center (Isreal Park)

April 15-Oct. 15

www.rockvillemd.gov/lpcc • 240-314-8780

Thomas Farm Community Center

April 15-Oct. 15

www.rockvillemd.gov/thomasfarm • 240-314-8840

Rockville Park Picnic Areas

www.rockvillemd.gov/parks-facilities • 240-314-8660

Multi-Purpose Rooms

Croydon Creek Nature Center

www.rockvillemd.gov/croydoncreek
240-314-8770

Elwood Smith Recreation Center

www.rockvillemd.gov/parks-facilities
240-314-8660

Lincoln Park Community Center

www.rockvillemd.gov/lpcc
240-314-8780

Pump House Community Center

www.rockvillemd.gov/parks-facilities
240-314-8660

Rockville Senior Center

www.rockvillemd.gov/seniorcenter
240-314-8800

Rockville Swim and Fitness Center

www.rockvillemd.gov/swimcenter
240-314-8750

Thomas Farm Community Center

www.rockvillemd.gov/thomasfarm
240-314-8840

Twinbrook Community Recreation Center

www.rockvillemd.gov/twinbrook
240-314-8830





Arts, Dance, and Enrichment

Ballet for Children

Learn the art of ballet through an elementary but professional approach. Register for the appropriate level, which may be changed at the discretion of the instructor. Solid color leotard and ballet shoes recommended. Children should remain in Beginner for two years, then move on to Intermediate for four years before progressing to Advanced. Students with demonstrated proficiency are encouraged to perform with the Rockville Civic Ballet. Those previously enrolled at the RBC should register for the same class. Participants registering for two or more classes may apply a \$5 discount. Register by mail, fax or walk-in to receive a discount. See the "Teen" section for more classes. Participants may register for the Annual Student Ballet Performance, course #2668.

Young Beginner

Age: 5-7

| | | | | |
|------|----|-----------|-------------|-------------|
| 2604 | Sa | 1/20-5/26 | 10-11 AM | \$175/\$185 |
| 2605 | Sa | 1/20-5/26 | 11 AM-12 PM | \$175/\$185 |

Rockcrest Ballet Center/Chongpinitchai

Age: 5-7

| | | | | |
|------|----|-----------|--------------|-------------|
| 2611 | Th | 1/11-5/24 | 4:45-5:45 PM | \$185/\$195 |
|------|----|-----------|--------------|-------------|

Thomas Farm CC/Simpson

Beginner

Age: 6-13

| | | | | |
|------|----|-----------|---------------|-------------|
| 2613 | F | 1/12-5/18 | 5:45-6:45 PM | \$185/\$195 |
| 2606 | Sa | 1/20-5/26 | 12:15-1:15 PM | \$175/\$185 |

Rockcrest Ballet Center/Simpson/Chongpinitchai

Advanced Beginner

Age: 8+

| | | | | |
|------|---|-----------|--------------|-------------|
| 2614 | F | 1/12-5/18 | 4:45-5:45 PM | \$185/\$195 |
|------|---|-----------|--------------|-------------|

Rockcrest Ballet Center/Simpson

Intermediate I

Age: 8+

| | | | | |
|------|---|----------|--------------|-------------|
| 2618 | M | 1/8-5/21 | 4:45-5:45 PM | \$165/\$175 |
|------|---|----------|--------------|-------------|

Rockcrest Ballet Center/Chongpinitchai

Intermediate II

Age: 9+

| | | | | |
|------|---|-----------|--------------|-------------|
| 2621 | W | 1/10-5/30 | 4:45-5:45 PM | \$185/\$195 |
|------|---|-----------|--------------|-------------|

Rockcrest Ballet Center/Simpson

Hip-Hop Dansez! Dansez!

Keep movin' and havin' fun! Learn basic hip-hop choreography with a low-impact workout and easy-to-learn steps to the latest music. Wear jazz shoes, dance slippers or sneakers.

Age: 7-11

| | | | | |
|------|---|----------|--------------|-----------|
| 2585 | W | 1/17-2/7 | 4:30-5:15 PM | \$45/\$50 |
|------|---|----------|--------------|-----------|

Twinbrook CRC/ Philippe





Note to parents: We require, for most programs, that children are the required age as of the date of the first class. All age requirements are set to benefit the child and allow for more consistent program instruction. In some instances, the requirements have been set for the child's safety. If your child does not meet the age requirements by the start of class and you would like to request an exception, please fax, mail or walk-in your child's registration form. Note: Classes with low enrollment will be canceled 7-10 days prior to first class. Register early to avoid cancellations. **For holidays and no class dates, see www.rockvillemd.gov/registration. Enter course number to view course details.**

LNM Group Piano Experience

Budding musicians participate in piano instruction and theory as well as musical games, musical listening excerpts, and related projects. Program includes free instrument rental and materials intended for at-home practice. Instruments must be returned at the last scheduled class of the session.

Age: 5-12
2427 Sa 1/20-2/24 11 AM-12 PM \$169/\$179
Twinbrook Comm. Rec. Ctr. Annex/Learn Now Music



DANCE IN THE *Annual Student Performance*

Children, teens and beginner adults registered for ballet classes are eligible to participate in the Annual Student Performance. Pre-Ballet registrants not included. Fee includes one costume and admission for family and friends.

2668 Sat 6/2 12 PM \$50
2669 Second costume fee \$10
F. Scott Fitzgerald Theatre

Before and After School Enrichment

Early Birds

This morning program offers children a safe, fun environment with computer lab, crafts, organized games and other enrichment activities. Transportation is provided to Meadow Hall and Twinbrook elementaries. Program does not meet on MCPS non-school days. Optional daily drop-in is available for a \$10 daily fee.

Grade: K-5
3611 M-F 1/8-2/16 7-9:15 AM \$125/\$135
3612 M-F 2/20-3/30 7-9:15 AM \$125/\$135
3745 M-F 4/3-5/11 7-9:15 AM \$125/\$135
3746 M-F 5/14-6/14 7-9:15 AM \$125/\$135
Twinbrook Community Rec. Center Annex

Afterschool Adventure

This program provides children with a safe and fun environment. Computer lab, crafts, organized games and other enrichment activities are offered. Transportation is provided from Meadow Hall Elementary School and Twinbrook Elementary School. Program operates on all MCPS school days including half days.

Grade: K-5
3608 M-F 1/8-2/16 3:30-6:30 PM \$150/\$170
3610 M-F 2/20-3/30 3:30-6:30 PM \$150/\$170
3743 M-F 4/3-5/11 3:30-6:30 PM \$150/\$170
3744 M-F 5/14-6/14 3:30-6:30 PM \$150/\$170
Twinbrook Community Rec. Center Annex

Clubhouse

Children spend time learning, creating and exploring during this drop-in, after-school program. Homework time, snacks, crafts and games are scheduled daily. Clubhouse is not held on MCPS non-school days but is open on half days. All children must be picked up by 6:30 p.m. Extra charges apply for late pick-ups. Van transportation is provided from Maryvale Elementary School. All other local school students are transported by MCPS request.

Grade: K-5
3676 M-F 1/8-2/16 3:30-6:30 PM \$115/\$135
3677 M-F 2/19-3/30 3:30-6:30 PM \$115/\$135
Lincoln Park CC

Twinbrook After School Club

Join us after school for activities that focus on recreation, fitness and fun. Homework help is included and a healthy snack is provided daily. The Club will meet on MCPS early release days but will not be held on non-school days. Come Join the fun!

Age: 5-12

| | | | | |
|------|-----|-----------|--------------|-------------|
| 3597 | M-F | 1/8-2/16 | 3:40-6:30 PM | \$155/\$175 |
| 3595 | M-F | 2/20-3/30 | 3:40-6:30 PM | \$155/\$175 |
| 3596 | M-F | 4/3-5/11 | 3:40-6:30 PM | \$155/\$175 |
| 3598 | M-F | 5/14-6/14 | 3:40-6:30 PM | \$155/\$175 |

Twinbrook Elementary School

School Break Programs

Winter Blast Day Camp

Escape the cold this winter and join the fun indoors! Each day's activities include sports, crafts and organized games. Wear comfortable clothing and athletic shoes. Bring a bag lunch.

Grade: K-5

| | | | | |
|------|----|-------|-----------|-----------|
| 2076 | W | 12/27 | 9 AM-3 PM | \$35/\$40 |
| 2077 | Th | 12/28 | 9 AM-3 PM | \$35/\$40 |
| 2078 | F | 12/29 | 9 AM-3 PM | \$35/\$40 |

Thomas Farm CC

Winter Wonderland Fun Day

Enjoy winter break with your friends! Children will have an opportunity to participate in crafts, organized games, sports and other fun activities. Bring a bag lunch. Wear play clothes and athletic shoes.

Grade: K-5

| | | | | |
|------|----|-------|-----------|-----------|
| 1276 | W | 12/27 | 9 AM-3 PM | \$35/\$40 |
| 1277 | Th | 12/28 | 9 AM-3 PM | \$35/\$40 |
| 1278 | F | 12/29 | 9 AM-3 PM | \$35/\$40 |

Twinbrook Community Rec. Center Annex

Adventure Day

Kids are not in school so why not go on an adventure with the Thomas Farm Community Center staff. Participants spend part of the day at the bowling alley. Afterwards, return to TFCC to engage in some sports and game activities.

Grade: K-5

| | | | |
|------|------|-----------|-----------|
| 3616 | 1/26 | 9 AM-3 PM | \$25/\$30 |
|------|------|-----------|-----------|

Thomas Farm CC

Summer Camp Guide



LOOK FOR OUR GUIDE BEGINNING IN JANUARY

AT THE FOLLOWING LOCATIONS:

- www.rockvillemd.gov/recreation
- Rockville Community and Recreation Centers
- Rockville Swim and Fitness Center
- Rockville City Hall
- Rockville and Twinbrook Libraries
- Your child's backpack
(Sent home via Rockville schools)

REGISTRATION DATE

Tuesday, Jan. 16

Resident and nonresident registration begins

www.rockvillemd.gov/camps



Fitness

Kids Fit Yoga

Did you know that in addition to improving strength, flexibility and body awareness, yoga can help increase focus and concentration? And if you're looking for cross-training for other sports, this class can help with injury prevention and improve neuromuscular coordination. Beginning and experienced students welcome.

Age: 8-12

3340 Sa 1/6-2/17 10:15-11 AM \$86/\$99

3342 Sa 3/3-4/21 10:15-11 AM \$86/\$99

Rockville Swim and Fitness Center

NEW! Kids Zone

Get moving and meet new friends in this action-packed class. Enjoy fun, active group games, exercise stations, and other cooperative activities. Burn off endless amounts of energy and improve strength, stamina, and coordination. Wear comfortable clothes and sneakers.

Age: 7-11

3646 Tu 1/16-3/6 5-5:50 PM \$52/\$62

Twinbrook CRC/Warner

Zumba Fit — Kids

Zumba Fit is a fun and effective cardio dance workout that includes exercises designed to strengthen the entire body. While intended as an introduction to the easy Latin and internationally inspired program, this high-energy/low-impact class has something to offer all fitness levels.

Age: 7-12

2931 Sa 1/6-2/17 12-12:45 PM \$56/\$65

2921 Sa 3/3-4/21 12-12:45 PM \$56/\$65

Rockville Swim and Fitness Center/Fasano



visarts

School is closed for the day, but VisArts is open!

Come for a full day of winter crafts. We provide all the materials and snacks, parents provide lunch (nut-free).



Winter Craft Days

December 27 - 29, 2017

January 15, 2018

January 26, 2018

February 19, 2018

Ages 5-12

8:30 AM - 5:00 PM



www.visartscenter.org

VisArts | 155 Gibbs Street, Rockville | 301-315-8200

Help Rockville Youth Become a



- Work with elementary school students.
- One-on-one mentoring, one hour before or after school once a week, October - May.
- Training and support provided.
- Meet in a supervised group setting.

No special skills needed. Just a willingness to listen, offer guidance, friendship and encouragement.

Service learning credits available for high school students over age 16.

Learn more about the Rockville Mentoring Program by calling Kate Bouwkamp at 240-314-8317 or

email: kbouwkamp@rockvillemd.gov



Martial Arts

Fencing — Youth Beginner

Designed to expose children to the Olympic sport of fencing, this class emphasizes safety and proper technique. Equipment is provided. Participants need to wear comfortable clothes and a fencing glove (or garden/golf glove). Flexible swords are used.

| | | | | |
|----------|----|-----------|--------------|-------------|
| Age: 7-9 | | | | |
| 2570 | Th | 1/18-3/8 | 6:15-7:15 PM | \$128/\$140 |
| 2517 | Sa | 1/20-3/10 | 11 AM-12 PM | \$128/\$140 |

| | | | | |
|---------------------------------|----|-----------|---------------|-------------|
| Age: 10-13 | | | | |
| 2571 | Th | 1/18-3/8 | 7:20-8:40 PM | \$128/\$140 |
| 2520 | Sa | 1/20-3/10 | 12:20-1:40 PM | \$128/\$140 |
| Rockville Fencing Academy/Staff | | | | |

Kicks Karate

A fun-filled class designed for children to learn the basic skills of Karate. Teachers focus on developing concentration, self-control and confidence. Small class sizes, training mats and a professional environment will ensure that your child has a positive experience. Fee includes belt and an official Kicks Karate uniform for first-time students. Class schedules are flexible and make-ups are available as needed.

| | | | | |
|-----------|-------|-----------|-------------------|-------------|
| Age: 7-12 | | | | |
| 2388 | Sa | 1/20-2/17 | 12:15-1 PM | \$65/\$75 |
| 2417 | Tu,Th | 1/23-2/23 | (Tu) 5:55-6:40 PM | \$119/\$129 |
| | | | (Th) 7:25-8:10 PM | |
| 2418 | W,F | 1/24-2/22 | (W) 6:40-7:25 PM | \$119/\$129 |
| | | | (F) 5:10-5:55 PM | |

Kicks Karate/Staff

Taekwondo for Kids

Martial arts and fun activities that help your child learn self-defense, and improve their confidence and self-discipline. Class covers basic kicks, blocks, strikes and self-defense techniques. Taught by a World Taekwondo Federation certified fifth-degree black belt.

| | | | | |
|--|----|----------|--------------|-----------|
| Age: 7-11 | | | | |
| 2935 | Su | 1/7-2/11 | 2:15-3:15 PM | \$60/\$70 |
| 2937 | Su | 3/4-4/15 | 2:15-3:15 PM | \$60/\$70 |
| Rockville Swim and Fitness Center/Fookes | | | | |

Worried about the weather?
Call the Rec Line at 240-314-5023.
Select #1 for class status.

GINGERBREAD HOUSE WORKSHOPS
at Thomas Farm Community Center
240-314-8840

Dec. 9
Gingerbread House Holiday Houses
10:30 a.m-1 p.m.
Register for course #1044

Build your own gingerbread house for the December holidays. Learn tricks of the trade and get creative. The \$50 fee includes one gingerbread house and decorating supplies. Working conditions include plenty of cookies and drinks.
For ages 5+.

Taekwondo for Kids—Intermediate

For students that have already taken Taekwondo for Kids, work on more advanced techniques. Covers kicks, blocks, strikes and self-defense techniques. Taught by a World Taekwondo Federation certified fifth-degree black belt.

Students have the opportunity for a belt promotion at the end of the course. Please note: a taekwondo uniform is required for this class. Participants can wear their own or purchase one on the first day of class for \$30.

| | | | | |
|--|----|----------|--------------|-----------|
| Age: 8-13 | | | | |
| 3380 | Su | 1/7-2/11 | 3:20-4:20 PM | \$60/\$70 |
| 3381 | Su | 3/4-4/15 | 3:20-4:20 PM | \$60/\$70 |
| Rockville Swim and Fitness Center/Fookes | | | | |



Sports – Instructional

Basketball Skills — Little Big Shots

Children are introduced to basketball skills such as dribbling, passing, catching and shooting, all through fun games and activities. Develop motor skills and learn good sportsmanship along the way.

Age: 6-8
2400 Sa 1/20-2/24 11-11:45 AM \$75/\$85
Thomas Farm CC/Warner

Basketball Skills and Development

Increase confidence as you gain fundamental basketball skills. Learn proper techniques, rules of the game and ball control. Execute a variety of drills and experience game-like situations.

Age: 8-10
2406 Th 1/18-3/8 4:15-5:05 PM \$79/\$89

Age: 11-13
2407 Th 1/18-3/8 5:15-6:05 PM \$79/\$89

Age: 13-18
2408 Th 1/18-3/8 6:15-7:05 PM \$79/\$89
Thomas Farm CC/Jordan

Tennis 10 and Under (Indoors)

Enjoy learning tennis indoors in a child-friendly environment, using low-compression balls and kid-sized rackets and nets. Basic drills and activities will assist players in learning this sport more quickly in a fun atmosphere. Rackets and balls are provided.

Age: 5-6
2457 Su 1/21-2/11 10:45-11:25 AM \$50/\$60
3634 Su 2/25-3/18 10:45-11:25 AM \$50/\$60

Age: 7-8
2459 Su 1/21-2/11 11:30 AM-12:20 PM \$50/\$60
3636 Su 2/25-3/18 11:30 AM-12:20 PM \$50/\$60

Age: 9-10
2458 Su 1/21-2/11 12:30-1:20 PM \$50/\$60
3635 Su 2/25-3/18 12:30-1:20 PM \$50/\$60
Lincoln Park CC/M. Yargici

Age: 6-8
3701 Su 1/21-2/11 11-11:50 AM \$50/\$60
Twinbrook CRC/Brinsko

Tumbling and Tramp

Students learn a variety of tumbling skills from forward rolls to back handsprings, and progress to more difficult moves as skills are mastered. Trampoline skills, including proper jumping and landing, seat drops, straddle and tuck jumps, will also be taught.

Age: 4-6
2391 F 1/19-2/23 5-6 PM \$75/\$85

Age: 7-12
2392 F 1/19-2/23 6:15-7:15 PM \$75/\$85
Xtreme Acro and Cheer/Staff

Make It Happen Basketball

This basketball program features techniques and drills that will turn you into a complete player. Learn the fundamentals and increase your speed and footwork with special speed and agility training. Program is taught by an instructor who played overseas with and against some of the NBA's finest players, and who currently plays for a semi-professional basketball team. Bring water and wear comfortable shoes.

Age: 9-11
3683 M 12/4-1/29 6:30-7:30 PM \$50/\$70
Lincoln Park CC/ Williams

Ninja Warrior Gymnastics

Roll, jump, climb and flip just like a ninja warrior. Use balance, agility and vaulting skills to master various obstacle courses as you are introduced to elements of parkour. Safe and proper gymnastic techniques are emphasized. No previous experience necessary.

Age: 7-10
2398 M 1/22-3/5 5-6 PM \$75/\$85
3721 M 1/22-3/5 6-7 PM \$75/\$85
Xtreme Acro and Cheer/Staff

Call for Volunteer Youth Sports Coaches!

Interested in giving back to your community? We have the perfect opportunity for you. Volunteer to coach one of our youth sports leagues this winter:

- Youth Soccer • T-ball
- Coach Pitch

For more information call 240-314-8620 or email sports@rockvillemd.gov

Soccer Skills — Indoor

Practice soccer fundamentals and develop better skills. Dribbling, passing, trapping and shooting are covered, as well as basic concepts for strategy and teamwork. Scrimmages will be introduced based on skill level of participants.

Age: 4-6
3609 Tu 1/30-3/6 4:45-5:30 PM \$75/\$85
Ritchie Park Elementary School/Laragaibort

Sports Leagues

Co-Ed Spring Soccer Leagues

Pass your way down the field and into our youth spring soccer leagues! Your child will have a safe and beneficial soccer experience with emphasis on skill development and fun. Coaches will inform participants about practice, game times and locations. There will be one practice per week commencing the week of 4/2. Games begin 4/15. Times and locations are tentative and subject to change. **Early bird registration: register by 2/26 and save \$10.** Registration deadline is 3/5.

Cost: Early bird by 2/26, fee is \$60R/\$70NR. After 2/26, fee is \$70R/\$80NR.

Divisions:

Ankle Biters - Pre-k, course #3687, play 4 vs 4
Tiny Kicks - kindergarten, course #3688 play 4 vs 4
Strikers - Grade 1, course #3689 play 5 vs 5
PeeWees - Grade 2-3, course #3690, play 7 vs 7

Games: Sundays, 1-5 p.m., 4/15-5/20. 1 hour games

Game Location: Mark Twain Athletic Park

Practice: weekday evenings (1 hour) Weeks of 4/2-5/14

Co-Ed T-Ball League

Swing your way into the game! Have fun while learning simplified T-Ball rules in a safety-conscious atmosphere. Participants hit from a T-Ball stand. There will be one practice per week commencing the week of 4/2. League play begins 4/14. **Early bird registration: register by 2/26 and save \$10.** Registration deadline is 3/5.

Cost: Early bird by 2/26, fee is \$60R/\$70NR. After 2/26, fee is \$70R/\$80NR.

T-Ball: ages 4-6, course #3691

Games: Saturdays, 9 a.m.-1 p.m., 4/14-5/19.
1 hour games.

Game Location: Mark Twain Athletic Park

Practice: weekday evenings (1 hour) Weeks of 4/2-5/14.

Co-Ed Coach Pitch Baseball

Enjoy watching the big leagues? Experience the next step up from T-Ball with our Coach Pitch Baseball league! Participants learn skills and have fun in a non-competitive setting. This program is recommended before pitching machine leagues. There will be one practice per week commencing the week of 4/2. League play begins 4/14. **Early bird registration: register by 2/26 and save \$10.** Registration deadline is 3/5.

Cost: Early bird by 2/26, fee is \$60R/\$70NR. After 2/26, fee is \$70R/\$80NR

Coach Pitch Baseball: ages 7-9, course #3692

Games: Saturdays, 9 a.m.-1 p.m., 4/14-5/19 1 hour games.

Game Location: Mark Twain Athletic Park

Practice: weekday evenings (1 hour) Weeks of 4/2-5/14.

Co-Ed Track & Field

Run like an Olympian! Learn track and field skills through participation and competition. Practices begin the week of 3/19. Conference meets begin 4/18. Participants must either live or attend a school within the City of Rockville corporate limits. All dates are tentative and subject to change. **Early bird registration: register by 3/1 and save \$10.** Registration deadline is 3/8.

Cost: Early bird by 3/1, fee is \$67R/\$77NR. After 3/1, fee is \$77R/\$87NR.

Divisions:

Bantams - Age: 6-8, course #3693

PeeWees - Age: 9-10, course #3694

Juniors - Age: 11-12, course #3695

Intermediates - Age: 13-14, course #3696

Regular season meets: Wednesdays, 5:45-8:30 p.m., 4/18-5/23.

Conference Meets: tentatively scheduled for 5/29 and 5/31. 5:45-8:30 p.m.

Meet Location: Rockville High School

Practices: weekday evenings, two practices a week pre-season and one practice a week after the start of the regular season (1 hour practice). 3/19-5/28.

Worried about the weather?

Call the Sports Line at
240-314-5055.



OFFICIALS NEEDED!

**Youth and Adult Leagues
Weekday Evenings and Weekends**



**Youth Soccer and Basketball
Adult Softball, Basketball and Soccer**

For more information, call 240-314-8620 or
email us at sports@rockvillemd.gov

RBBA Baseball/Softball

Hit it out of the park with the Rockville Baseball Association (RBBA) this spring! For more information and to register visit: www.rbba.org. In partnership with the City of Rockville, RBBA offers spring baseball and softball for the following divisions:

Baseball:

Ron Diehl Instructional: 1st–2nd grade
Buddy Kinder Rookie: 3rd grade
PeeWee: 4th–5th grade
Midget: 6th–7th grade
Junior: 8th–9th grade
Senior: 10th grade through 18 years old
before 5/1/2018

Girls Softball:

8U: 1st–3rd grade
10U: 4th–5th grade
13U: 6th–8th grade



Free Counseling Services

*Free counseling for City of Rockville children,
youth and families*

- Early intervention and prevention counseling is available to school-age children based on a short-term, 12-session model.
- Individual and family counseling is offered to city residents without health insurance or those unable to access counseling on their own, subject to an eligibility screening.
- Groups will be formed in the following areas, subject to demand: anger management, social skills, transition to middle school, transition to high school and more.
- Sessions take place by appointment at the Community Services Division office or in schools. Parental/guardian participation is strongly encouraged.
- Counseling is provided by a licensed professional counselor or master's-level clinical interns under the supervision of a professional counselor.

For more information or to determine eligibility or for referral services, please contact the Community Services Division at 240-314-8310.

The City of Rockville is a certified Youth Services Bureau.

240-314-8310

www.rockvillemd.gov/communityservices

WINTER HAPPENINGS

Cookies with Santa

Saturday, Dec. 16, 2-4 p.m., Thomas Farm Community Center

Come to Santa's Workshop for an afternoon of fun holiday activities.

Ages 2 and older. Register for #3614 or pay at the door \$4R/\$5NR.

Pajama Jam Movie Night

Friday, March 9, 7:30-9 p.m., Twinbrook Community Recreation Center

Enjoy a fun family night out. Watch a movie on our large screen in your pajamas.

Refreshments sold by Twinbrook ES. Free.

Wild About Art

Wednesday, Jan. 24, 10-10:45 a.m., Croydon Creek Nature Center

Children become naturally creative through a variety of process art-based projects. Each session will include two to three art experiences. Dress for a mess! Adult participation required. Ages 2-5. Register for #2809. \$6R/\$7NR

Lincoln Park Community Center Little Hearts Valentines

Sunday, Feb. 11, 1-3 p.m., Lincoln Park CC

Calling all little hearts with lots of love! Join us for our fun-filled Valentine's event. Little hearts will make cards, a bag for their cards, read a book, decorate cookies and more.

A small snack will be provided. Adult Assistance required. Age 2-6. Register for #3681. \$10R/\$13NR.

Annual Heart-to-Heart Family Valentine's Dance

Friday, Feb. 9, 7-9 p.m., Twinbrook Community Recreation Center

Enjoy a red-hot night! Families and friends spend time together making Valentine crafts and dancing as a DJ spins favorites.

Refreshments sold by Twinbrook ESI. \$4/pp at door.

Valentine's Day Chocolate Extravaganza

Friday, Feb. 10, 6-9:30 p.m., Thomas Farm Community Center

Everything chocolate family event. Make a valentine, enjoy the chocolate bar, play chocolate bingo, make a card, movie: Beauty and the Beast on the big screen 7:30-9 p.m. Ages 2 and up. Register for #3613 or at the door. \$4R/\$5NR.

Croydon Creek



Croydon Creek Nature Center

852 Avery Road (off Baltimore Road) • Rockville, MD 20851
240-314-8770 • www.rockvillemd.gov/croydoncreek

Activities are held at Croydon Creek Nature Center. Registration is required and is available for programs up until the day of the event as space allows. Some programs fill quickly. There are no registration deadlines, unless otherwise stated.



**Croydon Creek
Nature Center**

BIRD SEED SALE

Pre-order due:
Monday, Nov. 27

Pick-up orders:
Saturday, Dec. 9

- Black Oil Sunflower
- Nyjer
- Patio Mix
- Suet Cakes and more!

For more details and
order form visit

**[rockvillemd.gov/
croydoncreek](http://rockvillemd.gov/croydoncreek)**



Party on the Wild Side at Croydon Creek Nature Center

Birthday Party Themes

- Classic Party** (ages 3+; all year)
- Classic With Craft** (ages 3+; all year)
- Feathers and Fur** (ages 3+; all year)
- Tracks and Trails** (ages 3+; all year)
- Meadow Mayhem** (ages 4 +; June-Sept)
- Creek Crawl** (ages 7 +; June-Sept)
- Geocaching Adventure** (ages 8+; all year)

Party Planning Details

Birthday parties at Croydon Creek feature a fun-filled hour-long program led by a naturalist and are best suited for children ages 3 and older, with some parties designed for older children. The birthday child receives one Wild Party T-shirt and each party guest receives a special nature craft to take home.

Scheduling a Party

Choose from the following times:

Saturdays: 10:30 a.m.-1 p.m. or 2-4:30 p.m., Sundays: 2-4:30 p.m.

Parties are scheduled year-round. Call Croydon Creek Nature Center at 240-314-8770 for more information and date availability.

Party Fees

Fee (up to 10 children): \$180/Rockville resident; \$204/non-Rockville resident. Add \$10 for each additional child, up to a maximum of 25 children. A \$50 non-refundable deposit is required to reserve the date. Deposits can be paid using either MasterCard or VISA, check or cash.

Croydon Creek nature parties are designed to educate and entertain with hands-on programs that highlight the wonders of nature. The Nature Center's staff will make sure you and your child have a memorable birthday experience, whether you are interacting with the much-loved reptiles and amphibians who live at the center, exploring the trails on a geocaching adventure, or enjoying a naturalist-led hike in the surrounding woods.



Little Acorns

Explore nature with your little ones through a variety of play-based activities. Time will be spent outdoors; weather permitting. Adult participation required. Spaces are limited. Advanced registration recommended. Ages 18-36 months.

Exploring Ice

| | | | | |
|------|----|------|----------|---------|
| 2812 | Th | 1/18 | 10-11 AM | \$7/\$9 |
|------|----|------|----------|---------|

Nests and Burrows

| | | | | |
|------|----|-----|----------|---------|
| 2813 | Th | 2/1 | 10-11 AM | \$7/\$9 |
|------|----|-----|----------|---------|

Weather Wonders

| | | | | |
|------|----|------|----------|---------|
| 2814 | Th | 2/15 | 10-11 AM | \$7/\$9 |
|------|----|------|----------|---------|

The Nose Knows

| | | | | |
|------|----|-----|----------|---------|
| 2815 | Th | 3/1 | 10-11 AM | \$7/\$9 |
|------|----|-----|----------|---------|

Signs of Spring

| | | | | |
|------|----|------|----------|---------|
| 2816 | Th | 3/15 | 10-11 AM | \$7/\$9 |
|------|----|------|----------|---------|

Nature Tots (Adult/Child)

Discover the wonders of nature with your child. Each session, a naturalist helps you delve into a different nature topic through nature play, crafts, stories and hikes. Dress for the weather. Adult participation required. Spaces are limited. Ages 2-5.

Nature Detectives

| | | | | |
|------|----|------|-------------|----------|
| 2805 | Sa | 1/27 | 10-11:30 AM | \$8/\$10 |
|------|----|------|-------------|----------|

Winter Birds

| | | | | |
|------|----|------|-------------|----------|
| 2806 | Sa | 2/24 | 10-11:30 AM | \$8/\$10 |
|------|----|------|-------------|----------|

Amphibians

| | | | | |
|------|----|------|-------------|----------|
| 2807 | Sa | 3/17 | 10-11:30 AM | \$8/\$10 |
|------|----|------|-------------|----------|

Wild About Art

Children become naturally creative through a variety of process art-based projects. Each session includes two to three art experiences. Dress for a mess! Adult participation required. Ages 2-5.

| | | | |
|------|------|-------------|---------|
| 2809 | 1/24 | 10-10:45 AM | \$6/\$7 |
| 2810 | 2/21 | 10-10:45 AM | \$6/\$7 |
| 2811 | 3/21 | 10-10:45 AM | \$6/\$7 |

Outdoor Science Club

Young scientists investigate a variety of science topics through hands-on activities and time spent exploring the forest preserve. Ages 6-8.

Animal Tracks & Trails

| | | | | |
|------|----|------|-----------|----------|
| 2817 | Su | 1/28 | 1:30-3 PM | \$8/\$10 |
|------|----|------|-----------|----------|

Bird Behavior

| | | | | |
|------|----|------|-----------|----------|
| 2818 | Su | 2/25 | 1:30-3 PM | \$8/\$10 |
|------|----|------|-----------|----------|

Spring

| | | | | |
|------|----|------|-----------|----------|
| 2819 | Su | 3/18 | 1:30-3 PM | \$8/\$10 |
|------|----|------|-----------|----------|

NEW! Bubbles and Bubbly

Grab your friends and join us for an evening of bubbles. Learn how to make a variety of bath products such as bath bombs, salt scrubs and lotion bars while enjoying Prosecco and light refreshments. We'll share ideas and recipes and each person will take home at least four completed projects. Must be 21 years old to attend.

| | | | |
|------|-----|-----------|-----------|
| 2845 | 2/8 | 7-8:30 PM | \$30/\$35 |
|------|-----|-----------|-----------|

SCOUT BADGE PROGRAMS



JUNIOR GIRL SCOUTS ANIMAL HABITATS BADGE

Sunday, Feb. 4, 2-4 p.m.

WEBELOS EARTH ROCKS ADVENTURE

Sunday, March 4, 2-4 p.m.

Naturalists help you complete the necessary requirements to complete the badge/adventure.

All materials provided; however, badges are not supplied by the Nature Center. Programs held rain or shine. Dress for the weather.

Cost: \$14 residents; \$16 nonresidents

For additional information or to register, call Melinda Norton at 240-314-8771 or email mnorton@rockvillemd.gov.



Snow Removal

Want to help a fellow neighbor?

Calling responsible, Rockville teens! Help remove snow and receive SSL hours.

Many older adults are in need of assistance with snow removal.

Sign up online:
rockvillemd.gov/seniorsnowshoveling

For more information contact
Jordan Perry
jperry@rockvillemd.gov



Check Out Your Local Centers



CROYDON CREEK NATURE CENTER

www.rockvillemd.gov/croydoncreek

Tuesday-Saturday 9 a.m.-5 p.m. • Sunday, 1-5 p.m.



LINCOLN PARK COMMUNITY CENTER

www.rockvillemd.gov/lpcc

Monday-Saturday, 9 a.m.-9:30 p.m.

Sunday, 10 a.m.-6 p.m.



THOMAS FARM COMMUNITY CENTER

www.rockvillemd.gov/thomasfarm

Monday-Friday, 6 a.m.-9:30 p.m.

Saturday, 8:30 a.m.-9:30 p.m. • Sunday, 9 a.m.-8:30 p.m.



TWINBROOK COMMUNITY RECREATION CENTER

www.rockvillemd.gov/twinbrook

Monday-Friday, 6 a.m.-9:30 p.m.

Saturday, 8:30 a.m.-9:30 p.m.

Sunday, 10 a.m.-6 p.m. (April-Oct.)

and 9 a.m.-8:30 p.m. (Nov.-March)

Arts, Dance, and Enrichment

Ballet Teen and Adult

Advanced students with five or more years of experience are welcome to learn advanced techniques. If a participant registers for two or more ballet classes, a \$5 discount may be applied to one class. Registration must be handled by mail, fax or walk-in to receive a discount. See "Adult and Children Ballet" for more classes. Participants may register for the Annual Student Ballet Performance activity #2668.

Intermediate III and Beginner Pointe

Age: 12+

| | | | | |
|------|----|-----------|-----------|-------------|
| 2628 | Tu | 1/9-5/29 | 5-6:30 PM | \$230/\$240 |
| 2623 | Th | 1/11-5/24 | 5-6:30 PM | \$230/\$240 |

Rockcrest Ballet Center/Simpson/Chongpinitchai

Advanced

Age: 13+

| | | | | |
|------|---|-----------|--------------|-------------|
| 2626 | M | 1/8-5/21 | 5:45-7:15 PM | \$210/\$220 |
| 2627 | W | 1/10-5/30 | 5:45-7:15 PM | \$230/\$240 |

Rockcrest Ballet Center/Chongpinitchai/Simpson

Before and After School Enrichment

Totally Teens

Totally Teens is a safe, healthy afterschool program that promotes positive youth development. Staff guides and supervisor teens in a variety of recreational activities and trips of their choosing. Pre-registration required. Transportation is provided from Julius West Middle School. The program is held on early release days. It is not held on holidays or when MCPS is closed. Light snack is provided.

Grade: 6-8

| | | | | |
|------|-----|----------|--------------|-------------|
| 2681 | M-F | 1/2-3/23 | 3:15-6:30 PM | \$450/\$475 |
|------|-----|----------|--------------|-------------|

Thomas Farm CC

Twinbrook Teen Scene

Teen Scene program provides a safe, healthy environment that promotes positive youth development. Participants have daily opportunities for study time and can choose from a wide range of recreational activities conducted under the guidance and supervision of staff members. Transportation is available from Julius West and Wood middle schools, Twinbrook and Meadow Hall elementaries. Program does meet on MCPS early release days.

Grade: 5-8

| | | | | |
|------|-----|-----------|-----------|-------------|
| 3605 | M-F | 1/8-2/16 | 3-6:30 PM | \$120/\$130 |
| 3607 | M-F | 2/20-3/30 | 3-6:30 PM | \$120/\$130 |
| 3741 | M-F | 4/3-5/11 | 3-6:30 PM | \$120/\$130 |
| 3642 | M-F | 5/14-6/14 | 3-6:30 PM | \$120/\$130 |

Twinbrook CRC

Fitness

Teen Fit

This fast-paced class includes basic strength training, cardiovascular conditioning and stretching exercises. Increase your overall fitness or support your sport-specific training. Taught by a certified personal trainer.

Age: 13-18

| | | | | |
|------|---|-----------|--------|-----------|
| 2994 | M | 1/8-2/19 | 7-8 PM | \$70/\$81 |
| 3158 | M | 2/26-4/16 | 7-8 PM | \$70/\$81 |

Rockville Swim and Fitness Center/Colbert

Yoga for Teens

All 12-16 year old aspiring yogis are invited to experience yoga poses, breathing and relaxation techniques, and meditation. This fun class for teens helps reduce stress and increase body awareness. Bring a yoga mat and wear comfortable clothing.

Age: 12-16

| | | | | |
|------|----|----------|----------------|------------|
| 3376 | Su | 1/7-2/18 | 10:15-11:15 AM | \$89/\$105 |
| 3378 | Su | 3/4-4/22 | 10:15-11:15 AM | \$89/\$105 |

Rockville Swim and Fitness Center

Sports — Instructional

Basketball Skills and Development

Increase confidence as you gain fundamental basketball skills. Learn proper techniques, rules of the game and ball control. Execute a variety of drills and experience game-like situations.

Age: 13-18

| | | | | |
|------|----|----------|--------------|-----------|
| 2408 | Th | 1/18-3/8 | 6:15-7:05 PM | \$79/\$89 |
|------|----|----------|--------------|-----------|

Thomas Farm CC/Jordan

Basketball Skills Clinic

Increase confidence as you gain fundamental basketball skills. Learn proper techniques, rules of the game and ball control. Execute a variety of drills and experience game-like situations.

Age: 14-17

Shooting Techniques

| | | | | |
|------|---|-----------|--------|-----------|
| 2379 | W | 1/10-1/17 | 5-6 PM | \$26/\$29 |
|------|---|-----------|--------|-----------|

Offensive Strategies

| | | | | |
|------|---|-----------|--------|-----------|
| 2380 | W | 1/24-1/31 | 5-6 PM | \$26/\$29 |
|------|---|-----------|--------|-----------|

Thomas Farm CC/Jordan



Leaders in Training (L.I.T.)

Leadership Camps

AGES: 13-16 (Must be 13 by July 1, 2018)



- To be eligible to participate for our summer LIT program, new LITs must first participate in a Future Leaders Camp.
- The two-week camp provides fun, interactive workshops and activities designed to prepare teens to volunteer and/or work in a camp/playground (or for their first job). Topics include communication, teamwork, planning and leading activities, peer evaluation, safety, child development, conflict resolution, body language and attitude.
- Team-building trip is included in week one.
- Opportunity to earn up to 30 hours of SSL in week two.
- Staff provide instruction, support supervision and feedback (evaluations) to help participants have a positive experience.
- Returning LITs (ages 14-16) are not required to register for a Leadership Camp.

240-314-8638

Registration begins Jan. 16

Work in Recreation

YEAR-ROUND POSITIONS

- Before-and After-School Staff • Trip Leaders • Class Instructors – Yoga, Pilates, Boot Camp
- Fitness, Sports • Lifeguards and Swim Instructors
- Bus Drivers (CDL required) • Social Event Hosts



SEASONAL POSITIONS

- Directors and Leaders – Camps/Playgrounds
- Sports Officials • Gym Managers • Scorers/Timers

For information, visit

www.rockvillemd.gov/careers

or contact the Human Resources Department

240-314-8470

Arts, Dance, and Enrichment

Ballet

Geared for those with a range of interests and abilities, classes are planned for fun and exercise. Advanced classes are for serious dancers with previous training. Those with demonstrated proficiency are encouraged to perform with the Rockville Civic Ballet. Participants registering for two or more ballet classes may apply a \$5 discount to one class. To receive a discount, register by mail, fax or walk-in.

Beginner-Intermediate

Age: 13+

| | | | | |
|------|----|-----------|-----------|-------------|
| 2622 | Th | 1/11-5/24 | 8-9:15 PM | \$205/\$215 |
| 3655 | Th | 1/11-2/15 | 8-9:15 PM | \$80/\$90 |
| 3666 | Th | 2/22-4/19 | 8-9:15 PM | \$80/\$90 |
| 3656 | Th | 4/26-5/24 | 8-9:15 PM | \$70/\$80 |
| 2609 | Sa | 1/20-5/26 | 9-10 AM | \$175/\$185 |
| 3652 | Sa | 1/20-2/24 | 9-10 AM | \$60/\$70 |
| 3653 | Sa | 3/3-4/14 | 9-10 AM | \$60/\$70 |
| 3654 | Sa | 4/21-5/26 | 9-10 AM | \$70/\$80 |

Intermediate

Age: 13+

| | | | | |
|------|----|-----------|-----------|-------------|
| 2625 | Tu | 1/9-5/29 | 8-9:15 PM | \$205/\$215 |
| 3657 | Tu | 1/9-2/13 | 8-9:15 PM | \$80/\$90 |
| 3658 | Tu | 2/20-4/17 | 8-9:15 PM | \$80/\$90 |
| 3659 | Tu | 4/24-5/29 | 8-9:15 PM | \$80/\$90 |

Advanced

Age: 13+

| | | | | |
|------|----|-----------|-----------|-------------|
| 2629 | Tu | 1/9-5/29 | 6:30-8 PM | \$230/\$240 |
| 3660 | Tu | 1/9-2/13 | 6:30-8 PM | \$95/\$105 |
| 3661 | Tu | 2/20-4/17 | 6:30-8 PM | \$95/\$105 |
| 3662 | Tu | 4/24-5/29 | 6:30-8 PM | \$95/\$105 |
| 2624 | Th | 1/11-5/24 | 6:30-8 PM | \$230/\$240 |
| 3663 | Th | 1/11-2/15 | 6:30-8 PM | \$95/\$105 |
| 3664 | Th | 2/22-4/19 | 6:30-8 PM | \$95/\$105 |
| 3665 | Th | 4/26-5/24 | 6:30-8 PM | \$85/\$95 |

Rockcrest Ballet Center/Simpson/Chongpinitchai

Broadway Moves

Dance like a Broadway star! This fun and energetic exercise class focuses on being the one singular sensation that is you. Burn calories, stretch, tone, improve posture, and most of all enjoy the melodies of Broadway. Class is for all levels.

Age: 16+

| | | | | |
|------|----|----------|---------------|------------|
| 2576 | Tu | 1/9-3/20 | 9:30-10:30 AM | \$90/\$100 |
|------|----|----------|---------------|------------|

Thomas Farm CC/Devine





Guitar

Learn the basics or refresh your acoustic guitar skills in a variety of styles. Class covers basic strumming techniques, scales and melodies, basic theory, and tips to get you playing like a champ! Students have the opportunity to play cords, melodies and even sing along to some of their favorite songs. Students need a guitar and notebook. Acoustic guitars can be rented for \$40 a semester by calling 240-314-8820.

Age: 18+

| | | | | |
|------|---|-----------|--------------|------------|
| 3710 | M | 1/22-3/19 | 4-5 PM | \$99/\$109 |
| 3757 | W | 1/17-3/7 | 4:30-5:30 PM | \$99/\$109 |

The School of Music/Staff

NEW! How To Talk So Kids Will Listen

Learn how to communicate more effectively with children. In each session of the workshop you'll be introduced to an additional set of proven skills that will help you to cope with your child's negative feelings, engage your child's willing cooperation, discipline without hurting or alienating, help your child develop a positive and realistic self-image, foster a family atmosphere of love and respect. Note: \$12.95 due to instructor at first class for workbook. Participants need to purchase "How to Talk So Kids Will Listen and Listen So Kids Will Talk" and "Liberated Parents/Liberated Children."

Age: 18+

| | | | | |
|------|--|-----------|-----------|-----------|
| 2646 | | 1/16-2/27 | 7-8:30 PM | \$75/\$80 |
|------|--|-----------|-----------|-----------|

Rockville Senior Center/Blumberg

Fitness

20/20/20 Fitness

Enjoy 20 minutes of cardio, 20 minutes of strength training and 20 minutes of core strengthening and total body stretching. Get a well-rounded workout, increase your flexibility and get into shape. Bring mat and weights.

Age: 16+

| | | | | |
|------|----|-----------|--------------|-----------|
| 2468 | Sa | 1/13-3/17 | 8:10-8:55 AM | \$77/\$87 |
|------|----|-----------|--------------|-----------|

Rockville Senior Center/Ramsey

| | | | | |
|------|---|-----------|--------------|-----------|
| 2469 | W | 1/10-3/21 | 6:20-7:15 PM | \$87/\$97 |
|------|---|-----------|--------------|-----------|

Thomas Farm CC/Ramsey

Ab Sculpt

Strengthen your power house, lower abdominal muscles, lower back, buttocks and pelvic floor in just 30 minutes. Improve posture, help prevent lower-back injuries and flatten your stomach in an intense core workout designed for every fitness level. A mat is recommended.

Age: 16+

| | | | | |
|------|---|-----------|---------------|-----------|
| 2862 | M | 1/8-2/19 | 12:45-1:15 PM | \$35/\$42 |
| 2874 | W | 1/10-2/21 | 12:45-1:15 PM | \$35/\$42 |
| 2876 | F | 1/12-2/23 | 12:45-1:15 PM | \$35/\$42 |
| 3600 | M | 2/26-4/16 | 12:45-1:15 PM | \$35/\$42 |
| 3593 | W | 2/28-4/18 | 12:45-1:15 PM | \$35/\$42 |
| 2863 | F | 3/2-4/20 | 12:45-1:15 PM | \$35/\$42 |

Rockville Swim and Fitness Center/Warner/Kolanowski/Lydecker

BANG Power Dance

BANG Power Dance is an urban-inspired dance/fitness class using optional weighted gloves. A fusion of hip-hop, world dance, boxing, aerobics and body-weight training, this class will take your workout to a whole new level. Using a carefully designed mix of today's hottest music, BANG Power Dance will inspire you to get fit and move!

Age: 16+

| | | | | |
|------|---|-----------|--------------|-----------|
| 2445 | M | 1/8 | 6:15-7:15 PM | Free Demo |
| 3737 | M | 1/22-3/19 | 6:15-7:15 PM | \$59/\$69 |

Twinbrook CRC/Reluzco

NEW! Body Fit Bootcamp

Reach your fitness goals in this whole-body workout that includes cardio, strength and interval training. Using calisthenics and body weight exercises, you will see fast results and be motivated to push yourself to the next level.

Age: 16+

| | | | | |
|------|----|-----------|--------------|-----------|
| 3738 | Sa | 1/20-3/17 | 8:45-9:45 AM | \$69/\$79 |
|------|----|-----------|--------------|-----------|

Thomas Farm CC/Warner

Body Sculpt

Be prepared to sweat! This total body workout combines high-intensity interval training, strength training and heart-pumping cardio to invigorate and strengthen your body. Easy-to-follow moves with up-tempo music to increase your heart rate, stamina and energy level. Class concludes with abdominal work and stretching. All abilities welcome.

Age: 16+

| | | | | |
|------|----|-----------|--------------|-----------|
| 2982 | Tu | 1/9-2/20 | 5:30-6:25 PM | \$56/\$67 |
| 2976 | Tu | 2/27-4/17 | 5:30-6:25 PM | \$56/\$67 |

Rockville Swim and Fitness Center/Johnson

Bootcamp – Beginner/Intermediate

Reduce body fat, increase cardiovascular stamina and tone muscles in a team environment. Class is designed to introduce the new bootcamper to skills and drills of our advanced class. Workouts can be modified to increase or decrease intensity.

Age: 16+

| | | | | |
|------|---|-----------|--------------|-----------|
| 2902 | M | 1/8-2/19 | 5:45-6:45 PM | \$56/\$67 |
| 2978 | W | 1/10-2/21 | 5-6 PM | \$56/\$67 |
| 2943 | M | 2/26-4/16 | 5:45-6:45 PM | \$56/\$67 |
| 2980 | W | 2/28-4/18 | 5-6 PM | \$56/\$67 |

Rockville Swim and Fitness Center/Gwet/Johnson

Bootcamp — Intermediate/Advanced

This class incorporates drills designed to enhance agility, speed, power, strength and quickness. Work out in a team environment while challenging yourself to reach personal fitness goals.

Age: 16+

| | | | | |
|------|---|-----------|--------------|-----------|
| 2904 | M | 1/8-2/19 | 6:30-7:30 AM | \$56/\$67 |
| 2906 | M | 1/8-2/19 | 7-8 PM | \$56/\$67 |
| 2945 | W | 1/10-2/21 | 6:30-7:30 AM | \$56/\$67 |
| 2947 | F | 1/12-2/23 | 6:30-7:30 AM | \$56/\$67 |
| 2949 | M | 2/26-4/16 | 6:30-7:30 AM | \$56/\$67 |
| 2951 | M | 2/26-4/16 | 7-8 PM | \$56/\$67 |
| 2953 | W | 2/28-4/18 | 6:30-7:30 AM | \$56/\$67 |
| 2930 | F | 3/2-4/20 | 6:30-7:30 AM | \$56/\$67 |

Rockville Swim and Fitness Center/Gwet/Warner

Cardio Dancing

This class offers easy-to-follow aerobic dance moves. You'll burn more than 350 calories as you get fit to Top 40s music. All fitness levels welcome.

Age: 16+

| | | | | |
|------|---|-----------|-------------|-----------|
| 2925 | M | 1/8-2/19 | 12-12:45 PM | \$56/\$67 |
| 2955 | M | 2/26-4/16 | 12-12:45 PM | \$56/\$67 |

Rockville Swim and Fitness Center

Cardio Kickbox

Tired of your normal routine or just interested in trying something new? Get into shape with a class that combines boxing, martial arts and aerobics. This total-body workout helps increase stamina, flexibility, balance and strength. Wear comfortable clothes and shoes.

Age: 16+

| | | | | |
|------|----|-----------|--------|-----------|
| 2992 | Th | 1/11-2/22 | 7-8 PM | \$56/\$67 |
| 2910 | Th | 3/1-4/19 | 7-8 PM | \$56/\$67 |

Rockville Swim and Fitness Center

Cardio Strength

Challenge yourself with this demanding workout. The class starts with a quick warm-up followed by high-intensity intervals of cardio and strength training, finishing with a full-body stretch. The focus is on maintaining great form throughout all of the movements.

Age: 16+

| | | | | |
|------|----|-----------|-------------|-----------|
| 2966 | Tu | 1/9-2/20 | 12-12:45 PM | \$56/\$67 |
| 2964 | Tu | 2/27-4/17 | 12-12:45 PM | \$56/\$67 |

Rockville Swim and Fitness Center/Gwet

Chair-Zumba

This class allows the participant to enjoy all of the Zumba dance moves while seated. Combine upper and lower body movements, and give the body a total workout while listening to great music.

Age: 16+

| | | | | |
|------|---|-----------|-------------|-----------|
| 2927 | F | 1/12-2/23 | 12-12:45 PM | \$56/\$67 |
| 2957 | F | 3/2-4/20 | 12-12:45 PM | \$56/\$67 |

Rockville Swim and Fitness Center/Fasano

Circuit Cardio

A quick workout designed for those who can't fit in a long exercise program. Class includes cardio, core work and weight training. Segments of step work are included along with a variety of strength-building exercises. Bring a mat and weights to class.

Age: 16+

| | | | | |
|------|----|-----------|--------------|-----------|
| 2460 | Th | 1/11-3/22 | 5:45-6:15 PM | \$48/\$56 |
|------|----|-----------|--------------|-----------|

Rockville Senior Center/Ramsey

Circuit Step

Enjoy a great interval workout designed to get you fit. Class combines low-impact moves using a step platform (provided) and strength training for all muscle groups. All fitness levels welcome. Bring weights and a mat.

Age: 16+

| | | | | |
|------|----|-----------|-----------|-----------|
| 2470 | Sa | 1/13-3/17 | 9-9:45 AM | \$85/\$95 |
|------|----|-----------|-----------|-----------|

Rockville Senior Center/Ramsey

| | | | | |
|------|----|----------|--------------|-----------|
| 2486 | Tu | 1/9-3/20 | 5:30-6:15 PM | \$85/\$95 |
|------|----|----------|--------------|-----------|

Thomas Farm CC/Webb

Adults



Circuit Training

Jump start your metabolism with this circuit workout. You will improve both strength and endurance. Six different stations feature exercises to challenge your whole body, each targeting a different area. This is an effective and time-efficient way to develop all around fitness. Weights are used.

Age: 16+

| | | | | |
|------|----|-----------|-------------|-----------|
| 2983 | Tu | 1/9-2/20 | 11-11:45 AM | \$56/\$67 |
| 2960 | Th | 1/11-2/22 | 11-11:45 AM | \$56/\$67 |
| 2974 | Tu | 2/27-4/17 | 11-11:45 AM | \$56/\$67 |
| 2912 | Th | 3/1-4/19 | 11-11:45 AM | \$56/\$67 |

Rockville Swim and Fitness Center/Gwet

Complete Core and More

Burn calories as you build strength and improve your endurance and flexibility. Class includes cardio, core work and a variety of exercises to improve muscle strength and toning.

Age: 16+

| | | | | |
|------|----|-----------|--------------|-----------|
| 2491 | Th | 1/11-3/15 | 6:15-7:15 PM | \$79/\$89 |
|------|----|-----------|--------------|-----------|

Thomas Farm CC/Morales

Complete Core and Stretch

Try this dynamic class which focuses on body alignment, core strengthening and intense stretching to gain flexibility and stability. Taught by a dancer, this class helps improve your posture. Finish the class feeling taller, stronger and more energetic.

Age: 16+

| | | | | |
|------|----|-----------|---------------|-----------|
| 2575 | Th | 1/11-3/22 | 9:30-10:30 AM | \$85/\$95 |
|------|----|-----------|---------------|-----------|

Thomas Farm CC/Devine

NEW! Deep Delicious Stretch

Stretch and bring energy to muscles, joints and connective tissue. Postures and sequences are designed to open and free the body of tension. Feed the organs with fresh, oxygenated blood and prana through breathing exercises. Explore meditation and visualization techniques to calm down, improve focus and sleep patterns. Leave feeling lighter, more joyful and in harmony!

Age: 16+

| | | | | |
|------|---|-----------|--------------|-----------|
| 2785 | W | 1/10-2/28 | 6:20-7:30 PM | \$65/\$75 |
|------|---|-----------|--------------|-----------|

Thrive Yoga/Staff

Full Body Fusion

Active adults will enjoy this low-impact, full-body workout to music. Elements of balance, movement, strengthening, and yoga blend to create a fun, functional and energetic workout. Bring water and an exercise mat to class.

Age: 16+

| | | | | |
|------|---|-----------|----------------|-----------|
| 3620 | M | 1/8-2/19 | 10:30-11:15 AM | \$86/\$99 |
| 3622 | F | 1/12-2/23 | 10:30-11:15 AM | \$86/\$99 |
| 3621 | M | 2/26-4/16 | 10:30-11:15 AM | \$86/\$99 |
| 3623 | F | 3/2-4/20 | 10:30-11:15 AM | \$86/\$99 |

Rockville Swim and Fitness Center/Sarracino

Functional Interval Training

With a focus on functional movement, strength drills are alternated with cardio intervals for a total body blast that will take your fitness program to a new level. Supercharge your workout, boost your metabolism, burn off that extra fat and reach your fitness goals.

Age: 16+

| | | | | |
|------|----|-----------|-------------|-----------|
| 2972 | Th | 1/11-2/22 | 12-12:45 PM | \$56/\$67 |
| 2914 | Th | 3/1-4/19 | 12-12:45 PM | \$56/\$67 |

Rockville Swim and Fitness Center/Gwet

In Motion (Seniors)

This fitness class is designed to help seniors and older adults maintain their strength, balance, coordination and flexibility while enjoying the benefits of working out in a group. Exercise can energize mood, relieve stress, help manage symptoms of illness and pain, and improve overall sense of well-being. Stay active and healthy!

Age: 55+

| | | | | |
|------|----|-----------|---------------|-----------|
| 2871 | Tu | 1/9-2/20 | 12:45-1:15 PM | \$35/\$42 |
| 2872 | Tu | 2/27-4/17 | 12:45-1:15 PM | \$35/\$42 |

Rockville Swim and Fitness Center/

Light and Easy Conditioning

This class targets many elements of fitness in just 30 minutes. Hand weights are used for upper-body toning. An aerobic segment provides cardio and fat burning. Abdominal work targets core strengthening and a stretching segment concentrates on muscle relief and recovery. Newcomers are welcome.

Age: 16+

| | | | | |
|------|----|-----------|---------------|-----------|
| 2873 | Th | 1/11-2/22 | 12:45-1:15 PM | \$35/\$42 |
| 2864 | Th | 3/1-4/19 | 12:45-1:15 PM | \$35/\$42 |

Rockville Swim and Fitness Center/Gwet



Lo by Jazzercise

Get all the pulse-pounding, body-pumping intensity without the hop. Use your muscles, not your momentum, to get a killer core workout. Rock it out with dance-based cardio and strength training for total body transformation.

Age: 16+

| | | | | |
|------|---|-----------|--------------|-----------|
| 2489 | M | 1/8-3/19 | 6:45-7:45 PM | \$70/\$80 |
| 2508 | W | 1/10-3/21 | 6:45-7:45 PM | \$85/\$95 |

College Gardens Elementary School/Proctor

Metabo Body Blast

Pump up your metabolism as you get fit through an energizing cardio workout, strength training and core work. Burn calories, improve endurance, stamina and flexibility.

Age: 16+

| | | | | |
|------|---|-----------|-----------|-----------|
| 2487 | M | 1/11-3/19 | 6:15-7 PM | \$75/\$85 |
|------|---|-----------|-----------|-----------|

Thomas Farm CC/Ramsey

Pilates – Yoga Fusion

Fusion is a wonderful combination of the core strengthening and muscle-toning of Pilates and the meditative and flexibility benefits of yoga in a flowing workout. Bring a mat and wear comfortable clothing.

Age: 16+

| | | | | |
|------|----|---------|--------------|-------------|
| 2587 | Tu | 1/9-3/6 | 6:30-7:25 PM | \$109/\$119 |
|------|----|---------|--------------|-------------|

Rockville Swim and Fitness Center/Poole

Pilates

Enjoy a non-impact, mind-body workout that trains core muscles to stabilize the body. Stretching and strengthening exercises target abdominal and pelvic muscles. Improve posture, abdominal strength, balance and flexibility. No previous experience necessary. Bring a mat.

Age: 16+

| | | | | |
|------|----|---------|--------------|-------------|
| 2586 | Tu | 1/9-3/6 | 7:30-8:25 PM | \$109/\$119 |
|------|----|---------|--------------|-------------|

Rockville Swim and Fitness Center/Poole

Pilates Teens and Adults

Enjoy a series of mat-based exercises derived from the classic methodology of Joseph Pilates. The class focuses on increasing flexibility and balance, and incorporates stability, strength and awareness of the core.

Age: 16+

| | | | | |
|------|----|-----------|---------------|-----------|
| 3004 | Su | 1/7-2/18 | 9:15-10:15 AM | \$77/\$91 |
| 3370 | Th | 1/11-2/22 | 9:15-10:15 AM | \$77/\$91 |
| 3000 | Th | 3/1-4/19 | 9:15-10:15 AM | \$77/\$91 |
| 3002 | Su | 3/4-4/22 | 9:15-10:15 AM | \$77/\$91 |

Rockville Swim and Fitness Center

Power Conditioning

Train like the pros! This class is not for beginners. Build core strength and endurance, increase your agility and flexibility, and take your fitness level from average to elite. This class focuses on increasingly difficult plyometric exercises and calisthenics to help your muscles reach the maximal force in the shortest amount of time.

Age: 16+

| | | | | |
|------|----|----------|--------|-----------|
| 2933 | Sa | 1/6-2/17 | 8-9 AM | \$56/\$67 |
| 2916 | Sa | 3/3-4/21 | 8-9 AM | \$56/\$67 |

Rockville Swim and Fitness Center

Power Sculpt

This workout, for all fitness levels, includes routines designed to improve strength and definition of muscle groups. Bring a mat and 3-5 pound weights.

Age: 16+

| | | | | |
|------|----|-----------|--------------|-----------|
| 2465 | Th | 1/11-3/22 | 6:30-7:15 PM | \$85/\$95 |
|------|----|-----------|--------------|-----------|

Rockville Senior Center/Webb

| | | | | |
|------|---|-----------|---------------|-----------|
| 2488 | M | 1/8-3/19 | 9:30-10:30 AM | \$70/\$80 |
| 2505 | W | 1/10-3/21 | 9:30-10:30 AM | \$85/\$95 |

Thomas Farm CC/Devine

| | | | | |
|------|----|----------|--------------|-----------|
| 2464 | Tu | 1/9-3/20 | 6:20-7:15 PM | \$85/\$95 |
|------|----|----------|--------------|-----------|

Twinbrook CRC/Lu

Sunday Stretch

Stretching your body is one of the most important things to do to reduce stress, promote circulation and help facilitate proper alignment of the body. Stay healthy and injury free by joining this class.

Age: 16+

| | | | | |
|------|----|----------|----------------|-----------|
| 2866 | Su | 1/7-2/18 | 11:20-11:50 AM | \$35/\$42 |
| 2865 | Su | 3/4-4/22 | 11:20-11:50 AM | \$35/\$42 |

Rockville Swim and Fitness Center



Yoga — Beginner and Continuing

Be introduced to traditional yoga techniques such as meditation, breathing exercises, basic yoga positions and deep relaxation. Bring a yoga mat and a smile.

Age: 16+
2597 Th 1/18-3/15 6:30-7:25 PM \$89/\$99
Twinbrook CRC

Yoga — Core

Strengthen your core and develop healthy back muscles with this fun, fast and energetic Hatha yoga workout. Using a core yoga ball, target your abdominals from every angle, reduce back pain, stabilize the spine, create a stronger midsection and improve overall body alignment.

Age: 16+
3567 Tu 1/9-2/20 9:15-10:15 AM \$89/\$107
3557 F 1/12-2/23 9:15-10:15 AM \$89/\$107
3565 Tu 2/27-4/17 9:15-10:15 AM \$89/\$107
3372 F 3/2-4/20 9:15-10:15 AM \$89/\$107
Rockville Swim and Fitness Center/Sarracino

Yoga — Gentle

This gentle yoga workout provides modifications to traditional yoga postures without losing any of the physical benefits. Conducted at a comfortable pace, gentle yoga demonstrates the use of props, which enables everyone to enjoy the practice while promoting increased activity for better health. Bring a yoga mat, block and strap.

Age: 16+
3250 Sa 1/6-2/17 9:15-10 AM \$86/\$99
3469 W 1/10-2/21 9:15-10 AM \$86/\$99
3471 W 2/28-4/18 9:15-10 AM \$86/\$99
3252 Sa 3/3-4/21 9:15-10 AM \$86/\$99
Rockville Swim and Fitness Center/Sarracino/Norris

Yoga — Gentle Hatha Beg./Cont.

Practice gentle stretching and strengthening exercises as well as relaxation and breathing techniques. Those with injuries should consult a physician prior to registration. Bring a yoga mat.

Age: 16+
2583 Th 1/11-3/15 7:30-8:45 PM \$121/\$131
Rockville Senior Center/Dodson

Yoga — Hatha Intermediate

Enjoy a balanced practice with longer posture holding times and a variety of sequences to increase stamina, flexibility and well-being. This physically challenging class is designed for individuals with prior yoga experience (exceptions granted), who are free of serious injuries or physical vulnerabilities. Bring a yoga mat, strap and block.

Age: 16+
2619 M 1/8-3/12 7:30-8:45 PM \$99/\$109
Thomas Farm CC/Neves

NEW! Yoga — Kundalini

An uplifting blend of spiritual and physical practices, Kundalini Yoga incorporates movement, dynamic breathing techniques, meditation, and the chanting of mantras. Yoga styled specifically to speed up the yoga effects and give you yoga's energetic goodies NOW. If you like your physical exercise to come with a side of spiritual enlightenment, Kundalini Yoga might be for you.

Age: 16+
2860 W 1/10-2/28 4:30-5:45 PM \$65/\$75
Thrive Yoga/Staff

NEW! Yoga — Prenatal

Increase your energy and stamina while building strength, flexibility, and balance. Breath exercises and postures helps to reduce fatigue and tension, while improving circulation. This will keep you comfortable and feeling fit throughout your pregnancy. Special sequencing of postures, breath exercises and visualization are designed to aid you in labor. Connect with other moms-to-be in a supportive and healthy environment! This class is appropriate for any trimester with any level of experience in yoga.

Age: 18+
2861 M 1/8-2/26 6:20-7:30 PM \$65/\$75
Thrive Yoga/Staff

Yoga for Athletes

This class is designed to improve health, performance and mental acuity. It combines push-ups, sit-ups and squats with traditional yoga postures in a flowing format. Focus on reducing stress and pain in the lower back, and increasing flexibility in the hamstrings, glutes and quadriceps to build a stronger core.

Age: 16+

| | | | | |
|------|---|-----------|---------------|------------|
| 3374 | M | 1/8-2/19 | 9:15-10:15 AM | \$89/\$105 |
| 3559 | W | 1/10-2/21 | 7-8 PM | \$89/\$107 |
| 3561 | M | 2/26-4/16 | 9:15-10:15 AM | \$89/\$107 |
| 3563 | W | 2/28-4/18 | 7-8 PM | \$89/\$107 |

Rockville Swim and Fitness Center/Saracino/Lydecker

Yoga with Weights

This class strengthens, tones, relaxes and increases your flexibility through a combination of free weights and specific yoga postures, along with practicing traditional yoga positions. Students should wear comfortable clothing, bring a yoga mat and water. Contact pgnairzen@gmail.com with any questions. Class is for beginner and continuing yoga students.

Age: 16+

| | | | | |
|------|----|-----------|----------------|-----------|
| 2588 | Su | 1/21-3/11 | 10:30-11:30 AM | \$69/\$75 |
|------|----|-----------|----------------|-----------|

Rockville Senior Center/Nair

Zumba — Dance Fitness

This is Latin dance at its finest. It is a high-energy workout with fun, upbeat music. The steps are easy to follow and results are long lasting. Classes are taught by licensed Zumba instructors.

Age: 16+

| | | | | |
|------|----|-----------|--------------|-----------|
| 2580 | Tu | 1/16-3/20 | 7:30-8:25 PM | \$89/\$99 |
|------|----|-----------|--------------|-----------|

Thomas Farm CC/Graves

| | | | | |
|------|----|-----------|--------------|-----------|
| 2579 | Th | 1/18-3/15 | 7:35-8:30 PM | \$89/\$99 |
|------|----|-----------|--------------|-----------|

Twinbrook CRC

Zumba Fit

Zumba Fit is a fun and effective cardio dance workout that includes sculpting exercises designed to tone the entire body. While intended as an introduction to the easy Latin and internationally-inspired program, this high-energy, low-impact class has something to offer all fitness levels.

Age: 16+

| | | | | |
|------|----|-----------|--------------|-----------|
| 2984 | W | 1/10-2/21 | 6:05-6:50 PM | \$56/\$65 |
| 2968 | Th | 1/11-2/22 | 7-7:45 PM | \$56/\$65 |
| 3010 | F | 1/12-2/23 | 12-12:45 PM | \$56/\$65 |
| 2986 | W | 2/28-4/18 | 6:05-6:50 PM | \$56/\$65 |
| 2918 | Th | 3/1-4/19 | 7-7:45 PM | \$56/\$65 |
| 2923 | F | 3/2-4/20 | 12-12:45 PM | \$56/\$65 |

Rockville Swim and Fitness Center/Johnson/Fasano/Creel

Zumba Toning

Use small weights to tone and strengthen arms, glutes, abs and thighs. Fast and slow rhythms are used to maximize fat burning and build muscle. Sculpt your body naturally while having fun dancing to high-energy popular music. Bring 1-or 2-pound weights.

Age: 16+

| | | | | |
|------|----|-----------|-------------|-----------|
| 2929 | Sa | 1/6-2/17 | 11-11:45 AM | \$56/\$65 |
| 2988 | W | 1/10-2/21 | 12-12:45 PM | \$56/\$65 |
| 2970 | W | 2/28-4/18 | 12-12:45 PM | \$56/\$65 |
| 2920 | Sa | 3/3-4/21 | 11-11:45 AM | \$56/\$65 |

Rockville Swim and Fitness Center/Fasano



Bike Rockville!

Come to our meetings the first
Wednesday of the month,
7-9 p.m. at Rockville City Hall.

Rockville Bike Advisory Committee

rockvillebikerides@gmail.com
www.facebook.com/bikerockville
www.meetup.com/bikerockville



Martial Arts

Fencing — Beginner

Designed to introduce beginners to the Olympic sport of fencing. This course emphasizes safety and proper technique. Equipment provided. Wear comfortable clothes and bring a fencing glove (or garden/golf glove). Flexible swords are used.

Age: 14+

| | | | | |
|------|----|-----------|-------------------|-------------|
| 2510 | Tu | 1/16-3/6 | 7-8:20 PM | \$128/\$140 |
| 2512 | Sa | 1/20-3/10 | 2-3:20 PM | \$128/\$140 |
| 3594 | Su | 1/21-3/11 | 11:25 AM-12:20 PM | \$128/\$140 |

Rockville Fencing Academy/Staff

Karate for Adults/Teens

Our teen and adult program is more than just a workout and involves more than just physical skills. We also focus on mental and emotional self-defense and developing respect for others. Classes are structured to promote personal development and goals are set for improvement. Our top-flight instructors help you in improving your all-around skill level. Fee includes equipment and uniform for first-time students. Class schedules are flexible and make-ups are available as needed.

Age: 13+

| | | | | |
|------|-------|-----------|-----------|-------------|
| 2389 | Sa | 1/20-2/17 | 8-8:45 AM | \$65/\$75 |
| 2422 | M,W | 1/22-2/21 | 8:15-9 PM | \$119/\$129 |
| 2419 | Tu,Th | 1/23-2/22 | 8:15-9 PM | \$119/\$129 |

Kicks Karate/Staff

Self Defense (Adults)

Be prepared to defend yourself when you can't reason with someone and need to guard against an attack. Learn safety tips and various techniques to help you counter an offender's aggressive behavior when it's a last resort to resolve a situation.

Age: 16+

| | | | | |
|------|---|----------|--------------|-----------|
| 2498 | F | 1/19 | 6:45-7:45 PM | Free Demo |
| 2518 | F | 1/26-3/2 | 6:45-7:45 PM | \$49/\$59 |

Lincoln Park CC/Bowers



Taekwondo for Adults

Learn one of the world's most popular martial arts in a fun, low-pressure environment. This class covers basic kicks, blocks, strikes and self-defense techniques, and is appropriate for all fitness levels. Taught by a World Taekwondo Federation certified fifth-degree black belt.

Age: 14+

| | | | | |
|------|----|----------|--------------|-----------|
| 2939 | Su | 1/7-2/11 | 4:30-5:30 PM | \$60/\$70 |
| 2941 | Su | 3/4-4/15 | 4:30-5:30 PM | \$60/\$70 |

Rockville Swim and Fitness Center/Fookes

T'ai Chi Ch'uan

Promote physical and mental rejuvenation through this ancient Chinese art. With separate instruction for beginning and continuing students, tone sinews and gently massage the spinal cord and internal organs. Unify your mind and body through slow, rhythmic, flowing movements.

Age: 18+

| | | | | |
|------|----|----------|--------|-----------|
| 2462 | Tu | 1/16-3/6 | 7-8 PM | \$61/\$71 |
|------|----|----------|--------|-----------|

Elwood Smith Community Center/Lamb

Thank You!



Rockville Recreation and Parks Foundation has provided funding to support swim lessons, equipment, and \$8,000 to help renovate Mattie J.T. Stepanek Park in 2017.

We are grateful for their support.

To learn more about the Rockville Recreation and Parks Foundation, please see page 56 or visit www.rrpfi.org

Adult 5K Winter Walk/Run Program

presented by: Montgomery County Road Runners Club (MCRRC)
and City of Rockville

If your 2018 New Year's Resolution is to walk your way to improved health and fitness, then embark on this beginning running program and maintain or improve your current 5K race pace.

Program takes place January through March.

Practices

Tuesdays: Rockville-based track • Saturdays: Area parks

Fees

\$45: Members of MCRRC • \$55: Non-MCRRC Members

For more information, visit

www.mcrrc.org



The City of Rockville's
Asian Pacific American Task Force Presents a

Lunar New Year Celebration

Free Event

**Save the Date:
Saturday, Feb. 24**

www.rockvillemd.gov/lunarnewyear



SUPPORT The Rockville Holiday Drive!

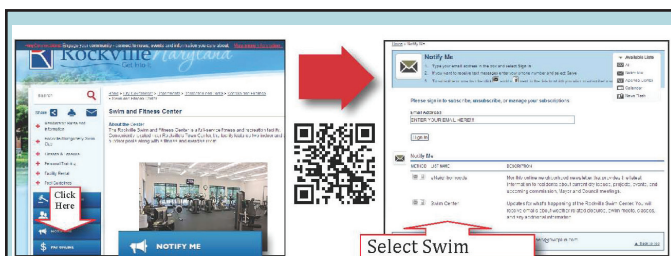


The Holiday Drive collects and distributes Thanksgiving meals in November and toys and gifts in December to hundreds of children and families in Rockville. *Here's how you can get involved:*

- **Make** a tax-deductible contribution
- **Donate** \$20 gift cards for Target or Giant
- **Organize** a drive for canned food or new toys
- **Assist** with sorting and packing food or delivering meals and gifts

Donations may be dropped off or mailed to the Community Services Division at Rockville City Hall, 111 Maryland Ave., 1st Floor, Rockville, MD 20850, Glenview Mansion or any City of Rockville community center. Please make checks payable to the Rockville Holiday Drive Fund.

240-314-8310 • www.rockvillemd.gov/holidaydrive



EMAIL NEWSLETTER SIGN UP

The Rockville Swim and Fitness Center has an email newsletter for those who would like to be alerted to schedule changes, registration dates, program offerings, and other important information by email.

To add your name to the list, simply go to www.rockvillemd.gov/swimcenter, click the **NOTIFY ME** button, enter your email and click the envelope symbol next to Swim Center.

NOTIFY ME!

Sign up to receive notifications for Recreation and Parks programs, cultural arts and special events, community center activities and more.

Go to the city's website at www.rockvillemd.gov and click on the "Notify Me" button



WINTER Adult Team Sports

**Women's Volleyball
Co-Rec Volleyball
Men's Basketball**

LEAGUE PLAY BEGINS:

Jan. 4: Women's Volleyball
Jan. 5: Co-Rec Volleyball (Fri.)
Jan. 7: Men's Basketball (Sun.)
Jan. 8: Co-Rec Volleyball (Mon.)

VOLLEYBALL LOCATIONS:

Monday - Twinbrook Community Recreation Center

Thursday and Friday - Frost Middle School

**Visit rockvillemd.gov/recreation/sports
or call 240-314-8620**

Pickle Ball

Play pickle ball with a group of beginners who are looking to have fun and improve their games. Not sure of the rules? No problem, this group will help you along.



Twinbrook Recreation Center.

Free drop-in for seniors only.

Wednesday and Friday mornings
from 9-10 a.m. in the gym.

This is an ongoing program.

Wednesdays from 10 a.m.-noon
Thursdays from 10 a.m.-noon
at **Thomas Farm**

Wednesdays from 7-9 p.m.
at **Twinbrook**



Stay Fit at Thomas Farm Community Center

Join the Fitness Center at Thomas Farm Community Center and workout in a friendly environment and try out our new fitness activities. Annual Fitness Memberships are \$175 for residents and \$250 for nonresidents. Visit us at 700 Falls Grove Drive in Rockville and ask for a tour of the fitness center and register for a membership. Enjoy the benefits of membership:

- Once a month healthy food tastings (recipes provided).
- Once a month free classes – Zumba, strength training, balance stretching or Pilates. Bring a friend.
- During the month of January, bring a friend to workout with you one time to try out our fitness center.
- Renew your annual membership in 2018 and receive \$25 off the membership fee.

For more information call 240-314-8840 or visit www.rockvillemd.gov/tfcc
Ask about our personal training program and small group fitness classes.

International Night 2018

Friday, March 23, 6-8 p.m.

F. Scott Fitzgerald Theatre and Social Hall

Looking for Performers

Are you interested in showcasing your skills, and celebrating and sharing your cultural talent? We'd love to have you perform at this year's City of Rockville's International Night!

If interested, please email Yvette at yveboah@rockvillemd.gov by March 9.



Sign up for City of Rockville
Emergency Notifications



rockvillemd.gov/alerts

Public Safety • Severe Weather • Traffic

The Alert Rockville notification system relays up-to-the-minute messages to subscribers about public safety, severe weather and traffic.

Signing up is EASY!

1. Create a username and password.
2. Choose the types of alerts you want to receive.
3. Choose and prioritize your preferred method(s) of delivery – text, phone, email.
4. Enter your information – mobile phone number, home phone number, email.
5. Enter up to five locations.

**For more information and to sign up,
visit www.rockvillemd.gov/alerts**



**Need Help with
Past-Due Rent or
Utility Payments?**

**Rockville Emergency
Assistance Program (REAP)**

Emergency assistance is available for eligible City of Rockville residents experiencing a financial crisis such as eviction or utility shut-off, or who need prescription medication. Referrals for emergency food, clothing, financial counseling, housing assistance and foreclosure counseling are also provided.

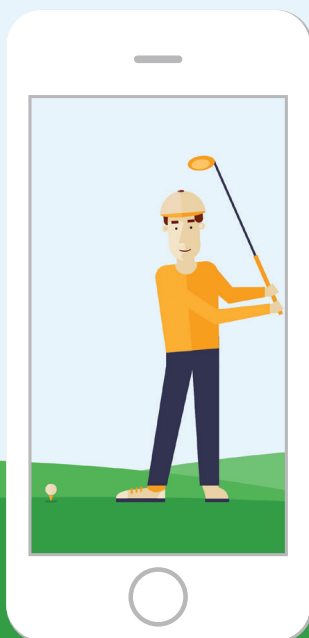
Residents in financial crisis must apply first for emergency services at the Rockville office of Montgomery County Health and Human Services, 1301 Piccard Drive; 240-777-4550.

240-314-8310

www.rockvillemd.gov/communityservices/assistance

TEXT
Redgate
TO 24587

Deals and More
Delivered to
the Palm
of Your Hand!



MANAGED BY
BILLY CASPER GOLF

By texting, you consent to receive up to 4 golf offers per week of the number provided. STOP to cancel. Msg & Data rates apply. Consent is not a condition of purchase.

**What's Happening
in Rockville?**

**Have a list of Rockville's weekly
events delivered to your email,
every Thursday.**

- Recreation and Parks programs
- Special events
- Important meetings and more ...

**Sign up today and look to
the week ahead.**

www.rockvillemd.gov/thisweek



ROCKVILLE SENIOR CENTER

1150 Carnation Drive, Rockville, MD 20850 • 240-314-8800 • www.rockvillemd.gov/seniorcenter

The Rockville Senior Center provides a central location for the many programs, services and activities offered to adults, ages 60 and older.

REGISTRATION DATES

(M) – Member registration begins **Tuesday, Nov. 28**. Members receive a discount on senior program fees and rentals, are eligible to join the Fitness Center, are mailed the monthly newsletter of events and are eligible for a discount on classes in the adult section of the Recreation Guide. Registration begins Thursday, Nov. 30 for all other city programs.

(R) – Resident registration begins **Thursday, Nov. 30** for Rockville residents who are not members of the Senior Center. (Must be age 60 and older and live within the Rockville city limits.) Residents receive a discount on program fees.

(NR) – Nonresident/Nonmember registration begins **Thursday, Nov. 30** for seniors age 60 and older who live outside the Rockville city limits and who are not members of the Senior Center. Non-residents/nonmembers pay full price for programs offered at the Senior Center.

TRANSPORTATION

Rockville Call 'N Ride Service – Taxi coupons may be purchased at a reduced rate, based on income and family size. Documentation required. Call 240-314-8810.

Buses – Door-to-door bus service is available to the Senior Center, shopping, club meetings and special trips. Reservations required. Call 240-314-8810.

AGING INFORMATION, SERVICES AND SUPPORT

Seniors and families may obtain information, services and support related to aging issues by calling 240-314-8810. For outreach and assistance in English, call 240-314-8816; Spanish, 240-314-8817.

ROCKVILLE SENIOR CENTER

Hours

Monday-Friday, 8:30 a.m.-5 p.m.

Saturday, 8:30 a.m.-1 p.m.



Directions

Call 240-314-5019

Bus Transportation and Lunch Reservations

Call 240-314-8810



Program Fees

Fee = member/resident/nonresident

Center Membership Fees

\$40/year – Rockville resident

\$135/year – Nonresident; \$65 spouse

Fitness Center Membership Fees

\$90/year. (Must be a Senior Center member)



PROGRAM ASSISTANCE FUND

Financial assistance for senior classes, day trips and Senior Center membership is available.

(Must meet age and income guidelines.) To donate to this program send a check payable to the City of Rockville Senior Assistance Fund. Mail to the Rockville Senior Center, 1150 Carnation Drive, Rockville, MD 20850.

MEAL PROGRAM

Daily Lunch – Hot and cold lunches are provided at noon, Monday through Friday. Participants contribute as much as they are able toward the cost of the meal (\$5.72). Reservations required. Call 240-314-8810.

All senior programs are held at the Rockville Senior Center unless noted.



**SENIOR CENTER MEMBER
ADULT CLASS BENEFIT**

Discounts only apply for classes in the Adult section of the Recreation Guide. One discount below may be used per Senior Center member, per activity. Does not apply to workshops. Discounts must be applied for in-person. Note: Senior member program fees listed in the Recreation Guide are at a discounted rate. For senior discounts on swim classes, refer to activity descriptions in the Swim Center section. Call 240-314-8800.

| Activity Fee | Discount |
|--------------|----------|
| \$ 5-\$10 | \$ 1 |
| \$11-\$30 | \$ 3 |
| \$31-\$60 | \$ 7 |
| \$61 and up | \$14 |

**TRIP
REGISTRATION**

**In-Person Lottery
Thursday, Jan. 4, 10:30 a.m.**

Senior Center members and residents
Numbers distributed random order, 10:15 a.m.

Friday, Jan. 5

Nonresidents and nonmembers

Registrations accepted at Senior Center only.

Individuals may register for themselves and one other person.




**Senior
Center
Happenings:**

Holiday Bazaar
Sat. Dec. 2, 9 a.m.-2 p.m.

Wine & Cheese
Tuesday Feb. 20, 5:30-7 p.m.
Course # 3700; \$3/\$3/\$5

Zumba Party
Thursday, March 22, 1:30-3 p.m.
Course# 2791; \$5/\$8/\$12


Rockville Villages

What are villages?
Villages are grassroots, volunteer, neighbor-support networks created to help enrich the lives of residents of all ages.

What do village networks do?
Members of villages offer services such as: transportation to medical appointments, light yardwork and home maintenance, tutoring, friendly visits, book clubs, potluck parties and other social outings. Almost all villages offer the opportunity for connectedness.

For more information:
Contact Trish Evans, village facilitator, City of Rockville 240-314-8807 or pevans@rockvillemd.gov.
www.rockvillemd.gov/rockvillages
www.montgomerycountymd.gov/HHS-Program/ADS/Villages/villageslist.html



Rockville Senior Center

FITNESS CENTER

***It's the best time to be
60+ in Rockville!***

7 a.m.-8 p.m., Monday-Thursday

7 a.m.-7 p.m., Friday

7 a.m.-4 p.m., Saturday

Fitness Center Membership Fees

\$90/year

(Must be a Senior Center member)

www.rockvillemd.gov/seniorcenter

240-314-8800

Benefits of the Senior Center Membership include:

Discounts on senior programs

Discounts on rentals

Eligibility to join the
Fitness Center

Early class registration

Discount in the adult section of
the Recreation Guide

Free DVD rentals at the center

Monthly newsletter mailed



Look for additional information in our

Adults 60+ Recreation and Services Guide

Pick up your copy today at the following locations:

Rockville Senior Center, all community centers, Croydon
Creek Nature Center, Rockville City Hall, Rockville Swim
and Fitness Center, Rockville and Twinbrook Library.

If you do not receive your guide in a timely manner, please visit one of the locations listed above.
visit www.rockvillemd.gov/recreation to view online.

Senior Center Support Services



Need Help with Your Taxes?

Senior Income Tax Assistance

Mondays, Feb. 5-April 12

Appointment needed: no fee

240-777-2577

Rockville Emergency Assistance Program (REAP)

For residents 60-plus the emergency assistance is available for eligible City of Rockville senior residents experiencing a financial crisis, such as eviction or utility shut-off, or who need prescription medication. Referrals for emergency food, clothing, financial counseling, housing assistance and foreclosure counseling are also provided. Contact Martha McClelland at 240-314-8816, or Miriam Minera, 240-314-8817.

Aging Information, Services and Support for Seniors and families may be obtained by calling the Center **240-314-8810.**

Now Senior Support Services are extended beyond the Rockville Senior Center! Meet with our outreach workers at:

Twinbrook Community Center
(240-314-8830) on Fridays,
10:30 a.m.-12:30 p.m.

Daily Lunch

Hot and cold lunches are available at noon, Monday-Friday.

Participants contribute as much as they are able toward the cost of the meal (\$5.72). Reservations required: 240-314-8810.

Snow Removal

Want to help a fellow neighbor?

Many older adults are in need of assistance with snow removal.

Sign up online:
rockvillemd.gov/seniorsnowshoveling

For more information
contact Jordan Perry
jperry@rockvillemd.gov



Rockville Swim and Fitness Center

355 Martins Lane, Rockville, MD 20850
www.rockvillemd.gov/swimcenter
240-314-8750

The swim center has two indoor and two outdoor pools, an outside interactive “sprayground,” a 150-foot waterslide, dry saunas, whirlpool, fitness center and meeting rooms. Several types of memberships are available or a daily admission pass can be purchased. Pool memberships must be up-to-date to receive the discounted rate for classes.

Fees:

M = RSFC Member • NM = Non-RSFC Member

Registration Procedures

Swim Center Member

Tuesday, Nov. 28, 8:30 a.m.

Swim Center Nonmember

Thursday, Nov. 30, 8:30 a.m.

Registration Deadline

One week prior to start date

To be eligible for a membership discount, participants registering for a course must have an annual, winter or summer membership for aquatics or the full facility. See www.rockvillemd.gov/swimcenterfeeschedule for a list of membership rates and types.

Credits or refunds will be issued for medical reasons only and must be accompanied by a letter from your doctor.
Note: \$15 withdrawal fee for all refunds.

Mail to:

Swimming Lessons
RSFC
355 Martins Lane
Rockville, MD 20850

Fax to:

Swimming Lessons
240-314-8759

Adult/Child Swim

Bubblers 1

Introduce your baby to the water in a relaxed and playful manner. Learn basic skills and water safety. This is an adult/child class. Non-toilet-trained children must wear a swim diaper under tight-fitting vinyl pants. Pants are on sale at the Swim Center.

Age: 6-18 mos

| | | | | |
|------|----|-----------|----------------|-----------|
| 3162 | Sa | 1/6-2/17 | 10:50-11:20 AM | \$64/\$80 |
| 3164 | Su | 1/7-2/18 | 10:15-10:45 AM | \$64/\$80 |
| 3424 | Tu | 1/9-2/20 | 9-9:30 AM | \$64/\$80 |
| 3426 | Tu | 2/27-4/17 | 9-9:30 AM | \$64/\$80 |
| 3166 | Sa | 3/3-4/21 | 10:50-11:20 AM | \$64/\$80 |
| 3168 | Su | 3/4-4/22 | 10:15-10:45 AM | \$64/\$80 |

Bubblers 2

Tots with little or no experience are welcome. Children learn the basics of swimming such as submerging, floating, kicking and arm-stroking. This is an adult/child class. Non-toilet-trained children must wear a swim diaper under tight-fitting vinyl pants. Pants are on sale at the Swim & Fitness Center.

Age: 18 mos-3

| | | | | |
|------|----|-----------|----------------|-----------|
| 3170 | Sa | 1/6-2/17 | 8:30-9 AM | \$64/\$80 |
| 3172 | Su | 1/7-2/18 | 9:40-10:10 AM | \$64/\$80 |
| 3176 | M | 1/8-2/19 | 2-2:30 PM | \$64/\$80 |
| 3463 | Th | 1/11-2/22 | 9-9:30 AM | \$64/\$80 |
| 3428 | M | 2/26-4/16 | 2-2:30 PM | \$64/\$80 |
| 3186 | Th | 3/1-4/19 | 9-9:30 AM | \$64/\$80 |
| 3178 | Sa | 3/3-4/21 | 10:15-10:45 AM | \$64/\$80 |
| 3182 | Su | 3/4-4/22 | 9:40-10:10 AM | \$64/\$80 |

Bobbers 1

Along with an adult, children learn to adjust to the water. They also learn simple water skills, such as submerging, floating, kicking and-arm stroking. This is an adult/child class. Non-toilet-trained children must wear a swim diaper under tight-fitting vinyl pants. Pants are on sale at the Swim & Fitness Center.

Age: 3-5

| | | | | |
|------|----|-----------|--------------|-----------|
| 3188 | Sa | 1/6-2/17 | 9:05-9:35 AM | \$64/\$80 |
| 3192 | Su | 1/7-2/18 | 9:05-9:35 AM | \$64/\$80 |
| 3430 | W | 1/10-2/21 | 2-2:30 PM | \$64/\$80 |
| 3432 | Th | 1/11-2/22 | 9:30-10 AM | \$64/\$80 |
| 3435 | W | 2/28-4/18 | 2-2:30 PM | \$64/\$80 |
| 3204 | Th | 3/1-4/19 | 9:30-10 AM | \$64/\$80 |
| 3196 | Sa | 3/3-4/21 | 9:05-9:35 AM | \$64/\$80 |
| 3200 | Su | 3/4-4/22 | 9:05-9:35 AM | \$64/\$80 |



Bobbers 2

Children who already know how to do a front float with a kick should sign up for this class. They work on back floats, combining parts of the crawl stroke and endurance. Work in the deep end is done as well. This is an adult/child class. Non-toilet-trained children must wear a swim diaper under tight-fitting vinyl pants. Pants are on sale at the Swim Center.

Age: 3-5

| | | | | |
|------|----|-----------|---------------|-----------|
| 3208 | Sa | 1/6-2/17 | 9:40-10:10 AM | \$64/\$80 |
| 3210 | Su | 1/7-2/18 | 8:30-9 AM | \$64/\$80 |
| 3436 | Tu | 1/9-2/20 | 9:30-10 AM | \$64/\$80 |
| 3438 | Tu | 2/27-4/17 | 9:30-10 AM | \$64/\$80 |
| 3160 | Sa | 3/3-4/21 | 8:30-9 AM | \$64/\$80 |
| 3214 | Su | 3/4-4/22 | 8:30-9 AM | \$64/\$80 |



EMAIL NEWSLETTER SIGN UP

The Rockville Swim and Fitness Center has an Email Newsletter for those who would like to be alerted to schedule changes, registration dates, program offerings, and other important information by e-mail.

To add your name to the list, simply go to www.rockvillemd.gov/swimcenter; click the **NOTIFY ME** button, enter your email and click the envelope symbol next to Swim Center.



City of Rockville
Get Into It
Rockville Swim and Fitness Center
355 Martins Lane • Rockville MD 20850

www.rockvillemd.gov/swimcenter • 240-314-8750



Preschool Swim

Fearful Floaters

This swim class is intended for children who are reluctant to take part in a Floaters 1 class, but are ready to try a class without adult participation. Taught at a slower pace, it stresses water adjustment and comfort with putting their faces in water. To ease each child's anxiety, adults remain on deck for the duration of the lesson.

Age: 4-6

| | | | | |
|------|----|-----------|---------------|-----------|
| 3358 | Sa | 1/6-2/17 | 9:45-10:25 AM | \$69/\$86 |
| 3360 | M | 1/8-2/19 | 4:45-5:15 PM | \$69/\$86 |
| 3543 | W | 1/10-2/21 | 3:35-4:05 PM | \$69/\$86 |
| 3545 | M | 2/26-4/16 | 3:35-4:05 PM | \$69/\$86 |
| 3547 | W | 2/28-4/18 | 3:35-4:05 PM | \$69/\$86 |
| 3362 | Sa | 3/3-4/21 | 9:45-10:25 AM | \$69/\$86 |

Floaters 1

This swim class is designed for children who need to become adjusted to water. They learn to do front and back floats, kick and stroke, as well as put their faces in the water. Children learn to swim 5 yards on their front and back.

Age: 4-6

| | | | | |
|------|----|-----------|--------------|-----------|
| 3256 | Sa | 1/6-2/17 | 9-9:40 AM | \$69/\$86 |
| 3261 | Su | 1/7-2/18 | 9-9:40 AM | \$69/\$86 |
| 3254 | M | 1/8-2/19 | 3:35-4:05 PM | \$69/\$86 |
| 3539 | Tu | 1/9-2/20 | 4:35-5:05 PM | \$69/\$86 |
| 3531 | W | 1/10-2/21 | 4:10-4:40 PM | \$69/\$86 |
| 3477 | Th | 1/11-2/22 | 5:45-6:15 PM | \$69/\$86 |
| 3479 | F | 1/12-2/23 | 3:35-4:05 PM | \$69/\$86 |
| 3529 | M | 2/26-4/16 | 3:35-4:05 PM | \$69/\$86 |
| 3485 | Tu | 2/27-4/17 | 4:35-5:05 PM | \$69/\$86 |
| 3489 | W | 2/28-4/18 | 4:45-5:15 PM | \$69/\$86 |
| 3267 | Th | 3/1-4/19 | 5:45-6:15 PM | \$69/\$86 |
| 3269 | F | 3/2-4/20 | 3:35-4:05 PM | \$69/\$86 |
| 3271 | Sa | 3/3-4/21 | 9-9:40 AM | \$69/\$86 |
| 3275 | Su | 3/4-4/22 | 9-9:40 AM | \$69/\$86 |



Floaters 2

This swim class is for children who are comfortable in the water, can submerge for 5-10 seconds and can swim 5 yards on their front and back should take this class. They continue to work on and develop basic swimming skills, such as front and back glides, coordinated kick and arm strokes and rhythmic breathing. Prior swim lesson experience recommended.

Age: 4-6

| | | | | |
|------|----|-----------|---------------|-----------|
| 3285 | Sa | 1/6-2/17 | 9:45-10:25 AM | \$69/\$86 |
| 3289 | Su | 1/7-2/18 | 9:45-10:25 AM | \$69/\$86 |
| 3283 | M | 1/8-2/19 | 4:10-4:40 PM | \$69/\$86 |
| 3491 | Tu | 1/9-2/20 | 5:10-5:40 PM | \$69/\$86 |
| 3493 | W | 1/10-2/21 | 3:35-4:05 PM | \$69/\$86 |
| 3497 | Th | 1/11-2/22 | 4:35-5:05 PM | \$69/\$86 |
| 3501 | F | 1/12-2/23 | 3:35-4:05 PM | \$69/\$86 |
| 3505 | M | 2/26-4/16 | 4:10-4:40 PM | \$69/\$86 |
| 3507 | Tu | 2/27-4/17 | 5:10-5:40 PM | \$69/\$86 |
| 3509 | W | 2/28-4/18 | 3:35-4:05 PM | \$69/\$86 |
| 3293 | Th | 3/1-4/19 | 4:35-5:05 PM | \$69/\$86 |
| 3297 | F | 3/2-4/20 | 3:35-4:05 PM | \$69/\$86 |
| 3301 | Sa | 3/3-4/21 | 9:45-10:25 AM | \$69/\$86 |
| 3307 | Su | 3/4-4/22 | 9:45-10:25 AM | \$69/\$86 |

Strokers 1

Children who can swim a combined stroke on their front with rhythmic breathing and on their back for at least 8 yards should take this class. The focus is on stroke development in front crawl, back crawl and elementary backstroke arms and kick. Treading water and rhythmic breathing skills are also taught.

Age: 4-7

| | | | | |
|------|----|-----------|----------------|-----------|
| 3313 | Sa | 1/6-2/17 | 9:45-10:25 AM | \$69/\$86 |
| 3315 | Su | 1/7-2/18 | 11:15-11:55 AM | \$69/\$86 |
| 3348 | M | 1/8-2/19 | 3:35-4:05 PM | \$69/\$86 |
| 3511 | Th | 1/11-2/22 | 4:35-5:05 PM | \$69/\$86 |
| 3515 | W | 2/28-4/18 | 4:10-4:40 PM | \$69/\$86 |
| 3317 | Th | 3/1-4/19 | 4:35-5:05 PM | \$69/\$86 |
| 3321 | Sa | 3/3-4/21 | 11:15-11:55 AM | \$69/\$86 |
| 3323 | Su | 3/4-4/22 | 9-9:40 AM | \$69/\$86 |



Strokers 2

This class is for children who can swim a coordinated front crawl with rhythmic breathing and backstroke for 15 yards, and are comfortable in deep water. They work on perfecting front/back crawl, elementary backstroke and treading water. Students are introduced to coordinated breaststroke.

Age: 4-7

| | | | | |
|------|----|-----------|----------------|-----------|
| 3327 | Sa | 1/6-2/17 | 11:15-11:55 AM | \$69/\$86 |
| 3329 | Su | 1/7-2/18 | 9-9:40 AM | \$69/\$86 |
| 3325 | M | 1/8-2/19 | 4:45-5:15 PM | \$69/\$86 |
| 3517 | Tu | 1/9-2/20 | 5:45-6:15 PM | \$69/\$86 |
| 3519 | M | 2/26-4/16 | 4:45-5:15 PM | \$69/\$86 |
| 3521 | Tu | 2/27-4/17 | 5:45-6:15 PM | \$69/\$86 |
| 3523 | W | 2/28-4/18 | 4:45-5:15 PM | \$69/\$86 |
| 3346 | Sa | 3/3-4/21 | 10:30-11:10 AM | \$69/\$86 |
| 3331 | Su | 3/4-4/22 | 11:15-11:55 AM | \$69/\$86 |

Strokers 3

This class is for children who can swim freestyle with side breathing, backstroke and elementary backstroke for 25 yards. In addition, the ability to swim a coordinated breaststroke and the butterfly kick is required. Successful completion of Strokers 2 (or comparable level in another program) is also required to enroll in this class.

Age: 4-7

| | | | | |
|------|----|-----------|----------------|-----------|
| 3333 | Sa | 1/6-2/17 | 9-9:40 AM | \$69/\$86 |
| 3335 | Su | 1/7-2/18 | 10:30-11:10 AM | \$69/\$86 |
| 3525 | W | 1/10-2/21 | 4:45-5:15 PM | \$69/\$86 |
| 3527 | F | 1/12-2/23 | 4:45-5:15 PM | \$69/\$86 |
| 3338 | F | 3/2-4/20 | 4:45-5:15 PM | \$69/\$86 |
| 3699 | Sa | 3/3-4/21 | 11:15-11:55 AM | \$69/\$86 |
| 3344 | Su | 3/4-4/22 | 9:45-10:25 AM | \$69/\$86 |

Mini Swim Team Prep

This swim class is for children who can swim freestyle with bilateral breathing and backstroke for 50 yards. In addition, children must swim a legal coordinated breaststroke for 25 yards and be able to do butterfly arms and kicking. Successful completion of Strokers 3 is required to enroll in this class.

Age: 5-7

| | | | | |
|------|----|-----------|---------------|-----------|
| 3364 | Sa | 1/6-2/17 | 9-9:40 AM | \$69/\$86 |
| 3549 | Th | 1/11-2/22 | 5:45-6:15 PM | \$69/\$86 |
| 3366 | Th | 3/1-4/19 | 5:45-6:15 PM | \$69/\$86 |
| 3368 | Sa | 3/3-4/21 | 9:45-10:25 AM | \$69/\$86 |



Nothing cancels a good class quicker than waiting until the last minute to register. If there aren't enough registrations by a certain date, the course may be canceled.

REGISTER EARLY!

Children/Teen Swim

Youth 1

Water adjustment is the focus of this class. Children are introduced to front and back floats, kicking, arm stroking, blowing bubbles and swimming 7 yards front and back. Children must also be able to fully submerge and must be comfortable with all of these skills prior to moving on to Youth 2.

Age: 7+

| | | | | |
|------|----|-----------|----------------|-----------|
| 3040 | Sa | 1/6-2/17 | 9:45-10:25 AM | \$64/\$79 |
| 3044 | Su | 1/7-2/18 | 10:30-11:10 AM | \$64/\$79 |
| 3404 | W | 1/10-2/21 | 4:45-5:15 PM | \$64/\$79 |
| 3406 | F | 1/12-2/23 | 4:10-4:40 PM | \$64/\$79 |
| 3408 | Tu | 2/27-4/17 | 5:45-6:15 PM | \$64/\$79 |
| 3410 | W | 2/28-4/18 | 4:10-4:40 PM | \$64/\$79 |
| 3048 | F | 3/2-4/20 | 4:10-4:40 PM | \$64/\$79 |
| 3050 | Sa | 3/3-4/21 | 9-9:40 AM | \$64/\$79 |
| 3052 | Su | 3/4-4/22 | 10:30-11:10 AM | \$64/\$79 |

Youth 2

A class for children who can submerge for 5-10 seconds, do a front and back float and swim 7 yards on their front and back. Basic swimming skills, such as front and back glides, arm stroking on front and back, kicking and rhythmic breathing are taught.

Age: 7+

| | | | | |
|------|----|-----------|---------------|-----------|
| 3056 | Sa | 1/6-2/17 | 9-9:40 AM | \$64/\$79 |
| 3060 | Su | 1/7-2/18 | 9-9:40 AM | \$64/\$79 |
| 3011 | M | 1/8-2/19 | 9:40-10:40 PM | \$64/\$79 |
| 3412 | Tu | 1/9-2/20 | 4:35-5:05 PM | \$64/\$79 |
| 3414 | M | 2/26-4/16 | 4:10-4:40 PM | \$64/\$79 |
| 3416 | Tu | 2/27-4/17 | 4:35-5:05 PM | \$64/\$79 |
| 3065 | Sa | 3/3-4/21 | 9:45-10:25 AM | \$64/\$79 |
| 3067 | Su | 3/4-4/22 | 9-9:40 AM | \$64/\$79 |





Youth 3

Children who can swim a combined stroke for 10 yards on their front and back should take this class. Children learn elementary backstroke arms and kick, rhythmic breathing, how to tread water and improve their stroke.

Age: 7+

| | | | | |
|------|----|----------|----------------|-----------|
| 3071 | Sa | 1/6-2/17 | 11:15-11:55 AM | \$64/\$79 |
| 3083 | Su | 1/7-2/18 | 9:45-10:25 AM | \$64/\$79 |
| 3077 | Sa | 3/3-4/21 | 9-9:40 AM | \$64/\$79 |
| 3081 | Su | 3/4-4/22 | 9-9:40 AM | \$64/\$79 |

Youth 4

Children who are comfortable in deep water and who can swim a coordinated front crawl stroke with rhythmic breathing and backstroke for 15 yards should take this class. Children work on perfecting front and back strokes, and treading water. Coordinated breaststroke is introduced. Prerequisite: Youth 3.

Age: 7+

| | | | | |
|------|----|----------|---------------|-----------|
| 3089 | Sa | 1/6-2/17 | 9-9:40 AM | \$64/\$79 |
| 3093 | Su | 1/7-2/18 | 9-9:40 AM | \$64/\$79 |
| 3097 | Sa | 3/3-4/21 | 9-9:40 AM | \$64/\$79 |
| 3104 | Su | 3/4-4/22 | 9:45-10:25 AM | \$64/\$79 |

Youth 5

This class is for children who can swim one length of front crawl and back crawl, and swim 15 yards of elementary backstroke in good form, as well as tread water and dive into and swim in deep water. Children learn bilateral breathing for front crawl, breaststroke, sidestroke, butterfly arms and dolphin kick. All other previously learned strokes are refined.

Age: 7+

| | | | | |
|------|----|----------|-----------|-----------|
| 3108 | Sa | 1/6-2/17 | 9-9:40 AM | \$64/\$79 |
| 3116 | Su | 1/7-2/18 | 9-9:40 AM | \$64/\$79 |
| 3120 | Sa | 3/3-4/21 | 9-9:40 AM | \$64/\$79 |
| 3126 | Su | 3/4-4/22 | 9-9:40 AM | \$64/\$79 |

Youth 6

This class requires the ability to swim two lengths (50 yards) of front crawl, and backstroke, and 15 yards of side stroke and breaststroke, all in good form. Children work on breaststroke, butterfly and turns, in addition to refining other strokes.

Age: 7+

| | | | | |
|------|----|----------|---------------|-----------|
| 3130 | Sa | 1/6-2/17 | 9:45-10:25 AM | \$64/\$79 |
| 3132 | Su | 1/7-2/18 | 9:45-10:25 AM | \$64/\$79 |
| 3136 | Sa | 3/3-4/21 | 9-9:40 AM | \$64/\$79 |
| 3140 | Su | 3/4-4/22 | 9-9:40 AM | \$64/\$79 |

Youth 7

Swimmers able to swim four lengths (100 yards) of freestyle and backstroke, and one full length (25 yards) of breaststroke, should take this class. Children work on stroke improvement, endurance, butterfly, turns and racing dives. Prerequisite: Youth 5 and 6.

Age: 7+

| | | | | |
|------|----|----------|----------------|-----------|
| 3144 | Sa | 1/6-2/17 | 10:30-11:10 AM | \$64/\$79 |
| 3146 | Su | 1/7-2/18 | 9-9:40 AM | \$64/\$79 |
| 3152 | Sa | 3/3-4/21 | 10:30-11:10 AM | \$64/\$79 |
| 3154 | Su | 3/4-4/22 | 10:30-11:10 AM | \$64/\$79 |

Swim 4 Fitness for Teens

Geared towards teens with prior swimming experience (must be at least Youth Level 7) who are looking to build their aerobic ability. The goal of the class is to swim a mile in 45 minutes with minimal stroke correction. Fins, kickboard and hand paddles are recommended. No report cards are issued for this class.

Age: 12-15

| | | | | |
|------|----|----------|-------------|-----------|
| 3036 | Su | 1/7-2/18 | 12-12:45 PM | \$64/\$79 |
| 3038 | Su | 3/4-4/22 | 12-12:45 PM | \$64/\$79 |

Swim Team Prep

Swimmers must be able to swim four lengths (100 yards) of a coordinated freestyle, backstroke and breaststroke, and one length (25 yards) of butterfly. Speed and endurance are emphasized, as well as turns and racing starts. Prerequisite: Successful completion of Youth 6 and 7.

Age: 7+

| | | | | |
|------|----|----------|----------------|-----------|
| 3019 | Sa | 1/6-2/17 | 9:45-10:25 AM | \$64/\$79 |
| 3023 | Su | 1/7-2/18 | 9:45-10:25 AM | \$64/\$79 |
| 3028 | Sa | 3/3-4/21 | 11:15-11:55 AM | \$64/\$79 |
| 3030 | Su | 3/4-4/22 | 9:45-10:25 AM | \$64/\$79 |

Adult Swim

Adult Beginner 1

This is an aquatic orientation class. Adults are introduced to basic swimming skills, such as front and back floats, kicking, arm strokes and rhythmic breathing.

Age: 14+

| | | | | |
|------|----|-----------|--------------|-----------|
| 3420 | Tu | 1/9-2/20 | 8:30-9:15 PM | \$64/\$79 |
| 3388 | W | 1/10-2/21 | 8:35-9:20 PM | \$64/\$79 |
| 3390 | Tu | 2/27-4/17 | 8:30-9:15 PM | \$64/\$79 |
| 3392 | W | 2/28-4/18 | 8:35-9:20 PM | \$64/\$79 |

Adult Beginner 2

This class is designed for adults who have been introduced to the basics of swimming but need to work on stroke coordination and rhythmic breathing. Treading water and breaststroke are demonstrated. Prerequisite: Adult Beginner 1.

Age: 14+

| | | | | |
|------|----|-----------|--------------|-----------|
| 3422 | W | 1/10-2/21 | 8:35-9:20 PM | \$64/\$79 |
| 3394 | Th | 1/11-2/22 | 8:30-9:15 PM | \$64/\$79 |
| 3396 | W | 2/28-4/18 | 8:35-9:20 PM | \$64/\$79 |
| 3015 | Th | 3/1-4/19 | 8:30-9:15 PM | \$64/\$79 |

Adult Beginner 3

Swimmers registering for this class should be comfortable in deep water, able to tread water and swim 20 yards of front and back crawl. Refine your front and back crawl and learn the elementary backstroke and breaststroke. Successful completion of Adult Beginner 2 preferred.

Age: 14+

| | | | | |
|------|----|-----------|--------------|-----------|
| 3398 | Tu | 1/9-2/20 | 8:30-9:15 PM | \$64/\$79 |
| 3400 | Tu | 2/27-4/17 | 8:30-9:15 PM | \$64/\$79 |

Adult Beginner 4

Developed for participants who can swim one length of the pool but still need work on endurance and technique. Rhythmic breathing and treading water are skills required prior to taking this class. Front and backstroke, breaststroke, elementary backstroke and sidestroke techniques are stressed. Skills are taught to prepare students for 'Adult Stroke Correction.' Prerequisite: Adult Beginner 3.

Age: 14+

| | | | | |
|------|----|-----------|--------------|-----------|
| 3402 | Th | 1/11-2/22 | 8:30-9:15 PM | \$64/\$79 |
| 3017 | Th | 3/1-4/19 | 8:30-9:15 PM | \$64/\$79 |

Adult Stroke Correction

Swimmers who have perfected the basics but need to refine their strokes should take this class. Backstroke, free style, breaststroke, elementary backstroke and sidestroke are further developed. Endurance and breathing are stressed. These sessions are not for beginners. Prerequisite: Adult Beginner 4.

Age: 14+

| | | | | |
|------|----|-----------|----------------|-----------|
| 3418 | Tu | 1/9-2/20 | 11:10-11:55 AM | \$64/\$79 |
| 3383 | Th | 1/11-2/22 | 11:10-11:55 AM | \$64/\$79 |
| 3386 | Tu | 2/27-4/17 | 11:10-11:55 AM | \$64/\$79 |
| 3013 | Th | 3/1-4/19 | 11:10-11:55 AM | \$64/\$79 |

Adult Water Fitness

Aqua Blast

Start your day off right with a fast-paced, early morning deep-water exercise class at the Swim and Fitness Center. This no-impact, high-energy workout tones your muscles while improving endurance with an emphasis on cardiovascular training. Includes abdominal and barbell work. Equipment are provided.

Age: 16+

| | | | | |
|------|----|-----------|--------------|-----------|
| 3461 | Tu | 1/9-4/17 | 6:35-7:20 AM | \$66/\$80 |
| 3248 | Th | 1/11-4/19 | 6:35-7:20 AM | \$66/\$80 |

Swim 4 Fitness

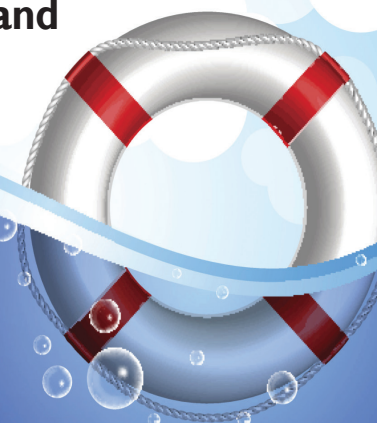
Learn to swim farther without getting tired. The goal is to swim 1 mile in 45 minutes without fatigue, using different strokes. Freestyle, backstroke and breaststroke are emphasized. Students must be able to swim 100 yards without stopping. Equipment needed: fins, hand paddles and pull buoys.

Age: 14+

| | | | | |
|------|----|-----------|----------------|-----------|
| 3553 | Tu | 1/9-4/17 | 11:05-11:50 AM | \$72/\$88 |
| 3465 | Th | 1/11-4/19 | 11:05-11:50 AM | \$72/\$88 |

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Front Desk Attendants,
Water and Land
Fitness
Instructors



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www.rockvillemd.gov/swimcenter



Triathlete Swim Endurance

This class is designed for athletes preparing for Olympic to Ironman distance races or open-water swims. These are coached, structured workouts, where swim-specific fitness, effective technique and proper pacing are emphasized. Race management and open-water swim skills (drafting/close-contact, pack swimming) are discussed and practiced. Participants should be capable of swimming 200 yards of continuous freestyle.

Age: 14+

| | | | | |
|------|----|----------|-----------|------------|
| 3573 | Su | 1/7-2/18 | 7-8:30 PM | \$95/\$107 |
| 3576 | Su | 3/4-4/22 | 7-8:30 PM | \$95/\$107 |

Triathlon Swim Skills

This class is designed to help develop a more effective and efficient freestyle stroke and to prepare the athlete for open water/triathlon swimming. Drills and workouts focus on stroke technique, stroke awareness, effective pacing, speed and endurance, as well as open water/triathlon-specific skills, including sighting, drafting, passing and managing turns at buoys, and strategies for race starts, open water conditions and close-contact swimming. Participants should be capable of swimming 100 meters of continuous freestyle.

Age: 14+

| | | | | |
|------|----|----------|--------------|-----------|
| 2996 | Su | 1/7-2/18 | 8:05-8:55 AM | \$64/\$72 |
| 2998 | Su | 3/4-4/22 | 8:05-8:55 AM | \$64/\$72 |

Aqua Boot Camp

This fast-paced class helps you reach your fitness goals now! The exercises are performed in deep water, and regardless of your age, size, fitness or swim level, you can achieve noticeable results. Great for those whose schedules allow just one day a week to attend or as a challenging addition to some of our other programs.

Age: 16+

| | | | | |
|------|---|-----------|-------------|-----------|
| 3243 | M | 1/8-4/16 | 10:15-11 AM | \$66/\$80 |
| 3459 | W | 1/10-4/18 | 10:15-11 AM | \$66/\$80 |
| 3246 | F | 1/12-4/20 | 10:15-11 AM | \$66/\$80 |



Aqua Fitness

This low-impact, high-intensity swim program is designed to improve flexibility, range of motion, strength, muscle tone, posture and cardiovascular endurance, all while burning calories. Exercises are performed in chest-deep water to music. Styrofoam barbells and/or pool noodles may be used and are provided.

Age: 16+

| | | | | |
|------|----|-----------|--------------|-----------|
| 3235 | M | 1/8-4/16 | 8:30-9:15 AM | \$66/\$80 |
| 3451 | Tu | 1/9-4/17 | 8:30-9:15 AM | \$66/\$80 |
| 3455 | W | 1/10-4/18 | 8:30-9:15 AM | \$66/\$80 |
| 3239 | Th | 1/11-4/19 | 8:30-9:15 AM | \$66/\$80 |

Aqua Hiit

High-intensity interval training (HIIT) at the Swim and Fitness Center alternates short periods of intense exercise with less-intense recovery periods. Some of the proven benefits are increased metabolism, fat burning, weight loss and improved cardio-respiratory fitness. Add the resistance of the water and you also benefit from improved muscle tone.

Age: 16+

| | | | | |
|------|---|-----------|--------------|-----------|
| 3233 | F | 1/12-4/20 | 8:30-9:15 AM | \$66/\$80 |
|------|---|-----------|--------------|-----------|

Aqua Yoga Stregth

This swim class is a combination of traditional Yoga poses adapted to the aquatic environment paired with quicker "power moves" to keep the body warm, the heart rate up, and to help build muscle.

Age: 16+

| | | | | |
|------|---|-----------|------------|-----------|
| 3231 | F | 1/12-4/20 | 9:15-10 AM | \$66/\$80 |
|------|---|-----------|------------|-----------|

Deep Water Running and Conditioning

This program emphasizes cardiovascular strength and endurance, as well as flexibility, range of motion and core strength. Classes are held in the deep water and participants use flotation belts. No swimming skills are necessary. Program benefits runners and other active exercisers who are looking for a challenging workout.

Age: 16+

| | | | | |
|------|----|-----------|----------------|-----------|
| 3449 | Tu | 1/9-4/17 | 10:10-10:55 AM | \$66/\$80 |
| 3229 | Th | 1/11-4/19 | 10:10-10:55 AM | \$66/\$80 |

Deep Water Workout

Enjoy this swimclass taught in the deep end of the South Pool. Ideal for participants who need a no-impact workout. Strengthen your core muscles and get an excellent workout without adding any stress to knee or hip joints. Floatation belts are used.

Age: 16+

| | | | | |
|------|----|-----------|--------------|-----------|
| 3223 | M | 1/8-4/16 | 9:15-10 AM | \$66/\$80 |
| 3444 | Tu | 1/9-4/17 | 7:40-8:25 PM | \$66/\$80 |
| 3447 | W | 1/10-4/18 | 9:15-10 AM | \$66/\$80 |
| 3225 | Th | 1/11-4/19 | 7:40-8:25 PM | \$66/\$80 |
| 3227 | F | 1/12-4/20 | 9:15-10 AM | \$66/\$80 |

H2O Walking

Did you know 30 minutes of water walking equals two hours of walking on land? This swim class is perfect for weight loss or general fitness and is more challenging than you think. Non-swimmers and beginners welcome. Taught in shallow- to chest-deep water. Music is used.

Age: 16+

| | | | | |
|------|----|-----------|---------------|-----------|
| 3217 | M | 1/8-4/16 | 9:20-10:05 AM | \$66/\$80 |
| 3440 | Tu | 1/9-4/17 | 7:40-8:25 PM | \$66/\$80 |
| 3442 | W | 1/10-4/18 | 9:20-10:05 AM | \$66/\$80 |
| 3219 | Th | 1/11-4/19 | 7:40-8:25 PM | \$66/\$80 |
| 3221 | F | 1/12-4/20 | 9:20-10:05 AM | \$66/\$80 |

Rockville Master's Swimming

This program is designed for swimmers who are competing in the Master's Program of U.S. Swimming, Inc. Those participating in the RMSC group are not required to attach to RMSC for team purposes. Enjoy a structured workout with a professional coach. Participants are expected to have attained a reasonable level of proficiency in at least two of four competitive strokes. Choose to attend once, twice or three times a week.

Age: 16+

| | | | | |
|------|-------|-----------|--------------|-------------|
| 3588 | W,F,M | 1/8-4/20 | 6:30-7:30 AM | \$189/\$231 |
| 3585 | W,F | 1/10-4/20 | 6:30-7:30 AM | \$140/\$168 |

Senior Swim

60 Plus Swim

Need some exercise? This class is taught in the shallow end of the pool and is designed to emphasize stretching and toning. Workout while listening to popular oldies music. No need to swim or even get your hair wet! Some swim equipment used.

Age: 60+

| | | | | |
|------|----|-----------|--------------|-----------|
| 2898 | Tu | 1/9-4/17 | 2:05-2:50 PM | \$31/\$40 |
| 2887 | Th | 1/11-4/19 | 2:05-2:50 PM | \$31/\$40 |

Senior Aquacize — Beginner

Seniors benefit from exercising in the water. Ease yourself into the water and get a gentle workout. Join others in this low-impact environment where the water provides gentle resistance to joints and muscles. Swimming skills not required.

Age: 60+

| | | | | |
|------|---|-----------|----------------|-----------|
| 2891 | M | 1/8-4/16 | 10:10-10:55 AM | \$31/\$40 |
| 2896 | W | 1/10-4/18 | 10:10-10:55 AM | \$31/\$40 |
| 2882 | F | 1/12-4/20 | 10:10-10:55 AM | \$31/\$40 |

Senior Aquacize — Advanced

This swim course is similar to 'Beginner Senior Aquacize,' only faster paced. (Meets outside during the summer session.)

Age: 60+

| | | | | |
|------|---|-----------|----------------|-----------|
| 2889 | M | 1/8-4/16 | 11:05-11:50 AM | \$31/\$40 |
| 2900 | W | 1/10-4/18 | 11:05-11:50 AM | \$31/\$40 |
| 2884 | F | 1/12-4/20 | 11:05-11:50 AM | \$31/\$40 |

Senior Exercise Swim

Stop those aches and pains. Enjoy a program designed to rejuvenate, recondition and strengthen tired, aching bodies. The natural resistance provided by the water is the ideal environment for a gentle, yet dynamic approach to a healthy body. Swimming skills not required.

Age: 60+

| | | | | |
|------|---|-----------|--------------|-----------|
| 2880 | M | 1/8-4/16 | 2:35-3:20 PM | \$31/\$40 |
| 2893 | W | 1/10-4/18 | 2:35-3:20 PM | \$31/\$40 |

Special Swim

Aquatic Doctor's Orders

The doctors have spoken. Now practice what they preach. Water provides a stress-free environment that enables you to continue therapy and rehabilitation. Learn additional swim skills in this modified exercise program. Tailored to individual needs.

Age: 18+

| | | | | |
|------|----|-----------|----------------|-----------|
| 3569 | Tu | 1/9-4/17 | 10:10-10:55 AM | \$73/\$92 |
| 3551 | Th | 1/11-4/19 | 10:10-10:55 AM | \$73/\$92 |

Twinges in Your Hinges

Designed for, but not limited to, those suffering from arthritis and other related ailments. This low-impact class is geared toward increasing muscle strength, flexibility, range of motion, endurance and balance. Pain reduction and improved cardiovascular fitness are also emphasized. Swimming skills not required.

Age: 18+

| | | | | |
|------|---|-----------|---------------|-----------|
| 3541 | M | 1/8-4/16 | 9:15-10:15 AM | \$73/\$92 |
| 3571 | W | 1/10-4/18 | 9:15-10:15 AM | \$73/\$92 |



Certification and Training

Lifeguard Training

Participants must be 15 years old by the completion of the course and must attend all classes. Applicants must pass a pre-test (300 yard swim: 100 front crawl, 100 breaststroke, 100 front crawl or breaststroke; and a deep-water brick retrieval within 100 seconds). This American Red Cross course begins at the conclusion of the pre-test. Upon successful completion, students are issued certification in lifeguarding, first aid and CPR. Please view our website for up-to-date training schedules. Visit www.rockvillemd.gov/swimcenter.

Age: 15+

| | | | |
|------|---------------|------------|-------------|
| 3587 | F,Sa,Su | Times vary | \$195/\$195 |
| 3618 | Th 3/15-5/10 | Times vary | \$195/\$195 |
| 3590 | M-F 3/26-3/30 | Times vary | \$195/\$195 |
| 3619 | F-M 4/20-4/29 | Times vary | \$195/\$195 |

Lifeguard Training Review

Participants must be 15 years old by the completion of the course and must attend all classes. Applicants must have a current lifeguard certification and pass a pre-test (300 yard swim: 100 front crawl, 100 breaststroke, 100 front crawl or breaststroke; and a deep-water brick retrieval within 100 seconds). This American Red Cross course begins at the conclusion of the pre-test. Upon successful completion, students are issued certification in lifeguarding, first aid and CPR. Be sure to check www.rockvillemd.gov/swimcenter for the most up to date course schedule.

Age: 15+

| | | | |
|------|-----------------|------------|-------|
| 3580 | Sa,Su 2/17-2/18 | 3-10:30 PM | \$125 |
| 3582 | Sa,Su 3/17-3/18 | 3-10:30 PM | \$125 |
| 3584 | Su,Sa 4/8-4/14 | 5-9:30 PM | \$125 |
| 3586 | Sa,Su 5/12-5/13 | 3-10:30 PM | \$125 |

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- 5 – Treadmills
- 4 – Elliptical Machines
- 2 – Step/Climber Machines
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Dec. 17, 1-4 p.m. – Mansion open to the public

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603 Edmonston Drive • www.rockvillemd.gov/glenview



Rockville Student Art Show

Open to students (K-12) who live or attend school within City of Rockville corporate limits. Students may submit one 2-D or 3-D work of art in any medium. Judging for ribbon awards, by grade level, for grades 4-12.

Registration/Delivery of Artwork:

Sunday, Feb. 4, 1:30-3:30 p.m.

Glenview Mansion Art Gallery
Rockville Civic Center Park, 603 Edmonston Drive
Rockville, MD 20851

Opening Reception: Sunday, Feb. 11, 1:30-3:30 p.m.

Student Artwork on Exhibit: Feb. 11-March 12

Artwork pickup: Tues, Wed, Thurs - March 13, 14, 15

240-314-8682 • jfarrell@rockvillemd.gov



Glenview Mansion

Art Gallery • 2nd floor

Winter Exhibits

Dec. 3-29: Rockville Art League Annual Juried Members' Exhibit

Varied Media

Opening Reception

Sunday, Dec. 3: 1:30-3:30 p.m.



Jan. 7-Feb. 2: January Art Exhibits

Hope Chinese School – traditional brush painting

Gloria Miotto – abstract painting

Meryl Silver – photography “Water’s Edge”

Opening Reception - Sunday, Jan. 7, 1:30-3:30 p.m.

Feb. 11-Mar. 12: Rockville's Annual Student Art Show

Registration/Artwork Delivery; Sunday, Feb. 4, 1:30-3:30 p.m.

Opening Reception: Sunday, Feb. 11, 1:30-3:30 p.m.

Artwork Pickup: Tuesday, Wednesday, Thursday - Mar. 13, 14, 15

Gallery Hours:

Mon., Tues., Wed., Fri., 9 a.m. – 4:30 p.m. • Thurs., 9 a.m. - 9 p.m.

Free – Open to the Public

240-314-8682 • www.rockville.gov/arts



Sunday Afternoon Concerts

Dec. 3 – an afternoon of music starting with the Rockville Singers at 1:15 p.m. kicking off the holiday season!

Jan. 7, 2 p.m. – The Beau Soir Ensemble is a flute, viola, and harp trio in the Washington, D.C., area dedicated to the performance of standard and contemporary repertoire spanning a variety of musical genres.



Rockville Chorus Concert

Sunday, Dec. 17, 7:30 p.m.

F. Scott Fitzgerald Theatre

603 Edmonston Dr, Rockville MD 20851 • 240-314-8690

Free; \$5 suggested donation

Join us in the lobby for refreshments after the show.

Join Us For The Holidays



Rockville Concert Band

'Tis The Season!

Warm up to seasonal favorites!

Conducted by
Douglas Pierce,
Associate Music Director
Sunday, Dec. 17, 3 p.m.

For information: 240-314-8681



Rockville Chorus

Under the direction of Bryan Seith

Holiday Concert 45th Anniversary Performance!

Sunday, Dec. 17, 7:30 p.m.

For information: 240-314-8690

F. Scott Fitzgerald Theatre
Rockville Civic Center Park
No tickets required; \$5 suggested donation

ROCKVILLE CIVIC BALLET

Eleanor Simpson, Director



"The Nutcracker"

Saturdays, Dec. 2 and 9
2 p.m. and 7:30 p.m.

Sundays, Dec. 3 and 10
2 p.m.

"Sleeping Beauty"

Saturday, March 17, 7:30 p.m.

Sunday, March 18, 2 p.m.

F. SCOTT FITZGERALD THEATRE
Rockville Civic Center Park

TICKETS \$17 adults; \$13 children (ages 12 and younger)

\$13 seniors (ages 60 and older)

GROUP RATES \$16.50 – seven or more adult tickets

\$12.50 -- 10 or more children/senior tickets

Assigned seat tickets may be purchased
in-person or by phone at the

F. Scott Fitzgerald Theatre Box Office
or online at www.rockvillemd.gov/theatre

FOR TICKETS: 240-314-8690



19TH ANNUAL *Glenview Mansion* WEDDING EXPO

SUNDAY, JAN. 28 • 1 – 4 P.M.

MORE THAN 30 VENDOR EXHIBITS AND SAMPLES ON DISPLAY SPECIALIZING IN:

- CATERING • WEDDING CAKES • PHOTOGRAPHY • MUSICAL ENTERTAINMENT
- FLORAL ARRANGEMENTS AND SO MUCH MORE!

\$5 ADMISSION AT THE DOOR

Glenview Mansion

AT ROCKVILLE CIVIC CENTER PARK
603 EDMONSTON DRIVE, ROCKVILLE, MD 20851
WWW.ROCKVILLEMD.GOV/GLENVIEW
240-314-8660

Rockville Concert Band 2018 CONCERT SERIES



Sunday, Feb. 11 at 3 p.m.

Annual Jazz Concert

Rockville Swing Band, Guest Ensemble
Conducted by Douglas Pierce,
Associate Music Director

Sunday, March 11 at 3 p.m.

Composer Spotlight

Conducted by John Saint Amour,
Music Director



Sunday, April 15 at 3 p.m.

Music for All Ages

Conducted by John Saint Amour,
Music Director

No tickets required; \$5 suggested donation.

F. Scott Fitzgerald Theatre

Rockville Civic Center Park
For information: 240-314-8681

www.rockvillemd.gov/arts



F. Scott Fitzgerald Theatre

Rockville Civic Center Park
240-314-8690

603 Edmonston Drive, Rockville, MD 20851
www.rockvillemd.gov/theatre

Great Performances in the Neighborhood

Rockville Civic Ballet presents **“The Nutcracker”**

Dec. 2-10; Saturday at 2 p.m. and 7:30 p.m.; Sunday at 2 p.m.
Tickets: \$17; \$13 Seniors 60+/Children 12 and under

Rockville Concert Band presents **“‘Tis the Season!”**

Sunday, Dec. 17 at 3 p.m.; No tickets required; \$5 suggested donation.

Rockville Chorus presents **45th Anniversary Holiday Concert**

Sunday, Dec. 17, 7:30 p.m.

No tickets required; donations greatly appreciated.

Exem Entertainment Comedy Woman

Saturday, Jan. 13 at 8 p.m; <https://showbirzha.com>

Rockville Little Theatre presents **The Underpants**

Jan. 26-Feb. 4; Friday and Saturday at 8 p.m.; Sunday at 2 p.m.

Rockville Concert Band — Annual Jazz Concert

Sunday, Feb. 11 at 3 p.m.

No tickets required; \$5 suggested donation.

The Victorian Lyric Opera Company presents **“The Merry Widow”**

Feb. 23-March 4; Friday and Saturday at 8 p.m.; Sunday at 2 p.m.

\$28 Adults; \$24 Seniors and \$20 Students

All tickets are \$14 on Feb. 23.

Ticketing Made Easy! You can purchase all of your tickets online by visiting us at www.rockvillemd.gov/theatre

Box Office is open Tues.-Sat., 2-7 p.m.
and two hours prior to ticketed shows.

Financial Assistance Rockville Youth Recreation Fund

Ages 18 and younger

A limited amount of scholarships for program fees are available for residents of the City of Rockville. The participant must pay \$15 toward each program fee, unless otherwise specified. The fund will cover the balance of the fees, up to \$100 maximum per person, per session (fall, winter, spring, summer); \$150 maximum per youth for the camp session; \$1,000 maximum per family, per year as funds permit. Any remaining balance must be paid by the participant. Financial assistance must be applied for in-person at the time of registration.

Limited financial assistance is available for Rockville residents, ages 19 and older, based on income. Please call 240-314-8620 for an appointment.

Documents Needed for Financial Assistance:

Participants must provide proof of Rockville residency and verification of any of the following:

- **Award letter from Maryland Dept. of Human Resources/Montgomery County Dept. of Social Services** verifying eligibility for Temporary Cash Assistance (TCA), Food Stamps (SNAP), Transitional Emergency Medical and Housing Assistance (TEMHA). The letter must indicate eligibility period and names of household members receiving benefits.
- **NEW-Proof of Medical Assistance** from Montgomery County Dept. of Social Services. Form to be received from county offices.
- **Proof participant resides in a shelter:** Letter from shelter dated within a month of application and, if applicable, listing dependents living at shelter.
- **Proof of Rental Assistance** – Public Housing, HUD Section 8 Housing, HOC (MPDU not accepted for applicants purchasing a home). This must be a current document which names the eligible tenants from the agency providing assistance.
- **Supplemental Security Income** – Document must be dated within one year of application.

New Online Registration System

CivicRec powered by Rec1 our new on-line registration system, will allow you to easily create an account, search, register and pay for activities and leagues, view memberships and manage profiles on any computer, tablet or smart phone.

CIVICREC
Powered by 

Donate to the People-Helping-People



Rockville Recreation Fund

This scholarship fund provides financial assistance to those who would not otherwise be able to participate in our programs and activities.

If you would like to contribute, you may send a check, "add up" on your registration form or donate online at www.rockvillemd.gov/registration

Online Donation Course #s

\$25 – #2232
\$50 – #2233
\$75 – #2234
\$100 – #2235
\$250 – #2236

- Click on Log in or Create account
- Enter your desired donation course number above

Donations by check may be made out in any amount to Rockville Recreation Fund

Mail to: Rockville Department of Recreation and Parks
Rockville Youth Recreation Fund Donation
111 Maryland Ave., Rockville, MD 20850

Frequently Used Program Facilities and Parks

1. **Beall ES**, 451 Beall Ave. 20850
2. **Broome Gym and Park**, 751 Twinbrook Pkwy. 20851
3. **Calvin Park**, 1248 Gladstone Dr. 20851
4. **City Hall**, 111 Maryland Ave. 20850
5. **Civic Ctr. Park**, 603 Edmonston Dr. 20851
 - F. Scott Fitzgerald Theatre • Social Hall
 - Glenview Mansion
 - Croydon Creek Nature Center
 - Cottage • Rec. Serv. Bldg.
6. **College Gardens ES**, 1700 Yale Pl. 20850
7. **College Gardens Park**, 615 College Pkwy. 20850
8. **Croydon Creek Nature Ctr.**, 852 Avery Rd. 20851
9. **David Scull Park**, 1131 First St. 20850
10. **Dogwood Park**, 800 Monroe St. 20850
11. **Elwood Smith Com. Ctr.**, 601 Harrington Rd. 20852
12. **Fallsmead ES**, 1800 Greenplace Ter. 20854
13. **Hillcrest Park**, 1150 Crawford Dr. 20850
14. **Julius West MS**, 651 Great Falls Rd. 20850
15. **Kicks Karate Rockville**, 800 Pleasant Dr., Suite #140, 20850
16. **King Farm Park**, 401 Watkins Pond Blvd. 20850
17. **Lakewood ES**, 2534 Lindley Ter. 20850
18. **Lincoln Park Com. Ctr./Isreal Park**, 357 Frederick Ave. 20850
19. **Mark Twain Park**, 14501 Avery Rd. 20853
20. **Maryvale ES/Park**, 1000 First St. 20850
21. **Mattie J.T. Stepanek Park**, 1800 Piccard Dr. 20850
22. **Meadow Hall ES**, 951 Twinbrook Pkwy. 20851
23. **Montrose Com. Ctr.**, 451 Congressional Ln. 20852
24. **Monument Park**, 550 Maryland Ave. 20850
25. **Potomac Woods Park**, 2276 Dunster Ln. 20854
26. **Pump House Com. Ctr.**, 401 S. Horners Ln. 20850
27. **RedGate Golf Course**, 14500 Avery Rd. 20853
28. **Richard Montgomery HS**
250 Richard Montgomery Dr. 20850
29. **Ritchie Park ES**, 1514 Dunster Rd. 20854
30. **Robert Frost MS**, 9201 Scott Dr. 20850
31. **Rockcrest Ballet Ctr.**, 1331 Broadwood Dr. 20851
32. **Rock Terrace School**, 390 Martins Ln. 20850
33. **Rockville Skate Park (at Welsh Park)**,
355 Martins Ln. 20850
34. **Rockville Fencing Academy**, 15221 Display Ct. 20850
35. **Rockville Senior Ctr.**, 1150 Carnation Dr. 20850
36. **Rockville Swim and Fitness Center**
355 Martins Ln. 20850
37. **Rockville Town Square**, 200 E. Middle Ln. 20850
38. **The School of Music**, 1331 Rockville Pk. 20850
39. **Thomas Farm Com. Ctr.**, 700 Fallsgrove Dr. 20850
40. **Thrive Yoga**, 1321-B Rockville Pk. 20852
41. **Twinbrook ES**, 5911 Ridgway Ave. 20851
42. **Twinbrook Com. Rec. Ctr.**
12920 Twinbrook Pkwy. 20851
43. **Welsh Park**, 344 Martins Ln. 20850
44. **Woodley Gardens Park**, 900 Nelson St. 20850
45. **Xtreme Acro & Cheer**, 14702 Southlawn Ln. 20850



Bridget Donnell Newton, Mayor
Councilmembers
Beryl L. Feinberg, Virginia D. Onley,
Julie Palakovich Carr, Mark Pierzchala

Rob DiSpirito, City Manager
Tim Chesnutt, Director of Recreation and Parks
Chris Henry, Deputy Director of Recreation and Parks
Andy Lett, Superintendent of Recreation
Steve Mader, Superintendent of Parks and Facilities

Satisfaction Guarantee

The Department of Recreation and Parks is committed to providing quality programs and facilities. If you are unhappy with a program, we want to know! We will suggest another program to try, or if you prefer, we will give you a credit. That's our Customer Satisfaction Guarantee to you.

Individuals with Disabilities

We encourage individuals with disabilities to register and participate in Rockville recreation programs. To adequately plan for a successful and rewarding experience, contact our office at 240-314-8620. We ask that you inform us prior to the activity start date. Ample time is needed to secure auxiliary services and aides. For additional therapeutic program opportunities, contact Montgomery County Department of Recreation at 240-777-6870; TTY 240-777-6974. Upon request, this publication will be made available in alternate formats by contacting the ADA Coordinator at 240-314-8108; TTY 240-314-8137.

Help Send A Kid to Camp!



Rockville Recreation and Parks Foundation

is a 501(c)3 organization established to:

- Improve recreational activities, programs, parks and facilities
- Support the Rockville Youth Recreation Fund
- Assist with fundraising, the acquisition and maintenance of new parks and open space
- Purchase equipment and other amenities for the city's parks and facilities.



Please send your tax deductible gift to:

200-B Monroe Street
Rockville, MD 20850
www.rrpfi.org
240-314-8867

Name: _____

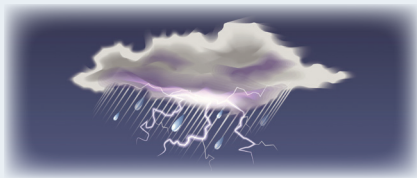
Address: _____

Email: _____

Phone: _____

This gift is in honor/memory of:





Inclement Weather Policy

www.rockvillemd.gov/weather

The City of Rockville works diligently to keep residents safe and informed during inclement weather or an emergency situation. When weather has the possibility of affecting a city program, meeting or facility, every attempt is made to maintain standard operations throughout the city.

Decisions about whether to cancel morning programs or close facilities will be made by 8 a.m. with an update at 9 a.m. A decision on afternoon and evening programs will be made at 1:30 p.m. with an update at 4 p.m.

Recreation Classes

If Montgomery County Public Schools (MCPS) close for the day or have a two-hour delay, morning recreation programs will be cancelled. Call 240-314-5023, the Information Line, for updates.

Swim and Fitness Center

Students can check the Swim and Fitness Center website at rockvillemd.gov/swimcenter and sign up for "Notify Me" to receive information regarding facility closures and program cancellations. Students can also call 240-314-8750 to get specific up-to-date information for each weather event. In the absence of any notice, students should assume programs are held as scheduled and the facility is open.

City Parks are Smoke-Free

Rockville's Mayor and Council voted to expand the city's smoke-free area rules to include all city facilities and parks. For more details, please view the Oct. 19, 2015,

Mayor and Council agenda at
www.rockvillemd.gov/AgendaCenter

Keep in touch!

Childcare/Rec. Programs (Info. Line)..... 240-314-5023

Classes, Camps, Trips..... 240-314-8620

Croydon Creek Nature Center 240-314-8770

Directions Line:

Civic Center 240-314-5004

Senior Center 240-314-5019

Swim Center 240-314-5010

Lincoln Park Community Center 240-314-8780

Parks and Facilities Maintenance 240-314-8700

Park and Picnic Rentals 240-314-8660

Recreation and Parks Administration 240-314-8600

RedGate Golf Course 240-406-1650

Rockville Skate Park..... 240-314-8620

Rockville Civic Center Park:

Art Gallery 240-314-8682

Glenview Mansion 240-314-8660

F. Scott Fitzgerald Theatre Box Office . 240-314-8690

Rockville Swim and Fitness Center 240-314-8750

Rockville Senior Center 240-314-8800

Special Events Line (Info. Line) 240-314-5022

Sports Line (Info. Line) 240-314-5055

Thomas Farm Community Center 240-314-8840

Twinbrook Community Rec. Center 240-314-8830

TTY (City Hall) 240-314-8137

We are now accepting medical assistance!

City of Rockville residents receiving medical assistance through Montgomery County are now eligible to receive financial assistance from City of Rockville's Recreation Fund for their children. Please call 240-314-8620 for more information.

Registration Begins:

- **Tuesday, Nov. 28** for all swim center and senior center members, **Thursday, Nov. 30** for general and nonmembers 8:30 a.m. by mail, fax, walk-in and online.

Registration Deadlines:

- The registration deadline for all activities is two weeks prior to the start of the class unless otherwise noted.
- Programs may be canceled if registration is insufficient. If a program is canceled, we will contact you. You may then select an alternate program, request a credit or a refund.
- Late registrations will be accepted if space is available.

Registration Form and Payment:

- Complete the registration form. You may combine recreation activity fees in one check, made payable to the City of Rockville. Note: \$35 returned check charge.
- Visa and MasterCard also are accepted for payment.

Credits and Refunds:

- If staff cancels a class, refunds will automatically be issued.
- Our programs require advanced planning and purchase of supplies to provide a quality experience, therefore requests for a refund or credit must be submitted in writing to the program supervisor at least seven days in advance of the start of the program. Less than seven days prior to the start of a program, requests for a refund or credit will be considered if accompanied by proper medical or other requested documentation. Proration and administrative fees apply.
- The following administrative fees are charged for issuing a refund or credit: programs/classes \$15; childcare \$50; senior programs \$15; sports teams \$100; individual sports participants \$15; swim \$15; teens \$15. A credit will be applied to your City of Rockville account for registrations under \$20 (exceptions: nature, senior, swim and teen programs).
- We are committed to providing quality programs and facilities. If you are unhappy with our services, please contact us. We will suggest another program to try, or if you prefer, will give you a full credit or refund your money. That's our "Customer Satisfaction Guarantee."

Transfers:

- Requests are subject to availability. Requests must be in writing. Registrations cannot be transferred from one registrant to another due to wait lists. Note: \$25 fee is assessed for child care programs.

**Most convenient method.
7 days a week.**

1. Online:

- www.rockvillemd.gov/recreation
click on Registration under
"Quick Links"

2. Fax to:

- Rockville City Hall - 240-314-8659
- Rockville Swim and Fitness Center - 240-314-8759
- Rockville Senior Center - 240-314-8809
- Croydon Creek Nature Center - 240-314-8779
- Lincoln Park Com. Center - 240-314-8789
- Thomas Farm Com. Center - 240-314-8849
- Twinbrook Com. Rec. Center - 240-314-8839

3. Mail to:

- Rockville City Hall, Dept. of Rec. and Parks
111 Maryland Avenue 20850
- Rockville Swim and Fitness Center
355 Martins Lane 20850
- Rockville Senior Center
1150 Carnation Drive 20850
- Croydon Creek Nature Center
852 Avery Road 20851
- Lincoln Park Community Center
357 Frederick Avenue 20850
- Thomas Farm Community Center
700 Falls Grove Drive 20850
- Twinbrook Community Recreation Center
12920 Twinbrook Parkway 20851

4. Walk-In:

- All locations listed above accept walk-ins.
Hours vary by facility. Call in advance to avoid unnecessary trips.



Use your smart phone
for quick access to
our website.

2017-18 Registration Form | Formulario de inscripción

*Required Info | Info Requerida

☐ Check here if this is a new address, phone number or email address.
Please print. This form may be copied.

☐ Marque aquí si esta es una dirección nueva, teléfono o dirección de correo electrónico. Por favor imprima. Esta formulario puede ser reproducido.

Contact Information | Información del contacto

| | | | |
|--------------------------------|----------------------|--|--------------------------------------|
| Last Name Apellido* | First Name Nombre* | Birthday Fecha de nacimiento (mm/dd/yy)* | Email* |
| Address Dirección* | | City Ciudad* | State Estado* Zip Código postal* |
| Home Phone Teléfono de Casa* | | Work Phone Teléfono de Trabajo | Cell Phone Celular |

Emergency Contact | Contacto de Emergencia

For participants under 18 | Participante menor de edad

| | | |
|----------------|--------------------------|-------------------|
| Name Nombre* | Relationship Relación* | Phone Teléfono* |
|----------------|--------------------------|-------------------|

| Participant's Name (Last, First) Apellido y Nombre del Participante | Birthday (mm/dd/yy) Fecha de Nacimiento (mm/dd/yy) | Sex Sexo | Activity Name Nombre de la Actividad | Activity Number Número | School Attending Escuela a la que asiste | Grade Grado | Fees* Costo* |
|--|---|-------------|---|---------------------------|---|----------------|-----------------|
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Rec Fund | Fondo de rec.: \$ _____ Sr. Ctr. Mem | Centro de Ancianos: \$ _____ Multi-Course Discount | Descuento por asistencia a varios cursos: \$ _____
\$10 _____ \$25 _____ \$50 _____ Other \$ _____ Contribution to Recreation Fund Youth Scholarship | Contribución adicional al Fondo de recreación: \$ _____

| | | | |
|---------------|-----------------|----------------|--------------------------------------|
| Processed by: | Date Processed: | Total Paid: \$ | Total Amount Due: Cantidad Total: |
|---------------|-----------------|----------------|--------------------------------------|

Program Modifications: Participants with disabilities should contact our office prior to activity.

Payment | Pago

| | | | |
|--|--|-------------------------------------|---------------------------------------|
| Name on Card Nombre en la tarjeta | Credit Card Number Número en la Tarjeta de Crédito | Security Code Código de Seguridad | Expiration Date Fecha de Expiración |
| Payer Address (If different than above) Dirección del Pagador (si es diferente que la de arriba) | | | |
| <input type="checkbox"/> Visa <input type="checkbox"/> Mastercard <input type="checkbox"/> Cash <input type="checkbox"/> Check # _____ | | City Ciudad | State Estado Zip Código Postal |
| Cardholder Signature Firma del Dueño de la Tarjeta | | | |

Release, Waiver, Assumption of Risk and Consent | Descargo y exención de responsabilidad, asunción de riesgos y consentimiento

Participation in the program may be a hazardous activity. Participant should not participate in the program unless participant is in good physical shape and is medically able. Participant (or parent or guardian on behalf of a minor child participant) assumes all risks associated with participation in this program, including but not limited to, those generally associated with this type of program, the hazards of traveling on public roads, of accidents, of illness, and of the forces of nature. In consideration of the right to participate in the program and in further consideration of the arrangement made for the participant by the Mayor and Council of Rockville through its Department of Recreation and Parks for food, travel, and recreation, the participant, his or her heirs, and executors, or a parent or guardian on behalf of a minor child participant, agrees to release and indemnify the Mayor and Council of the City of Rockville and all of its agents, officers and employees, from any and all claims for injuries or loss of any person or property which may arise out of or result from participation in the program. The participant (or the parent or guardian on behalf of a minor child participant) grants permission for a doctor or emergency medical technician to administer emergency treatment of the participant and consents to the City's use of photographs taken or videotapes made of the program that include the participant. Neither the instructor nor any of the staff are responsible for participants prior to or after the scheduled program. By providing your email address you are agreeing to sign up for the Rockville & Recreation and Parks mailing list to receive email updates about our programs. All information collected will be used in accordance with the City of Rockville privacy policy. You may withdraw your consent at any time.

Participación en el programa puede ser una actividad peligrosa. Participante no debe participar en el programa a menos que el participante está en buena forma física y es médicamente capaz. Participantes (o padre o tutor en nombre de un participante menor de edad) asume todos los riesgos asociados con la participación en este programa, incluyendo pero no limitado a, los generalmente asociados con este tipo de programa, los riesgos de viajar en las vías públicas, de accidentes, de enfermedad y de las fuerzas de la naturaleza. Teniendo en cuenta el derecho a participar en el programa y en consideración del acuerdo por el participante por el Alcalde y Consejo de Rockville a través de su Departamento de recreación y parques para comida, viajes y recreación, el participante, sus herederos y ejecutores, o un padre o tutor en nombre de un hijo menor de edad pudiera derivarse de o como resultado de la participación en el programa. El participante (o el padre o tutor en nombre de un participante menor de edad) concede el permiso de un médico o un técnico médico de emergencia administrar tratamiento de urgencia de la participante y consiente al uso de la ciudad de fotografías o videos del programa que incluyen al participante. Ni el instructor ni ninguno de el personal es responsable de los participantes antes o después del programa.

* Signature of Participant/Guardian | Firma del participante/tutor _____

Main Line | Línea principal: 240-314-8620 • www.rockvillemd.gov/recreation • Fax: 240-314-8659

City of Rockville • 111 Maryland Ave., Rockville, MD 20850

www.rockvillemd.gov/recreation | Page 59

Summer Camps 2018

The Camp Guide will be available at
www.rockvillemd.gov/recreation
and **all city facilities beginning in January**

Come Visit Us Jan. 28
10 a.m. - 4 p.m.

Montgomery County Camp and Summer Fun Expo
at the Hilton Hotel Rockville
1750 Rockville Pike



Save the Dates

Camp Registration Begins Tuesday, Jan. 16

Camps Begin The week of June 18

240-314-8620 • www.rockvillemd.gov/camps